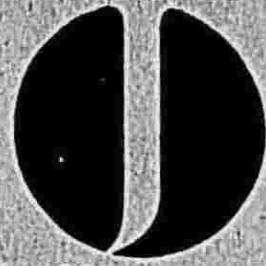


# JANTIOCH JOURNAL

Edition of August 3-9, 2007



Breaking news @  
LakeCountyJournals.com

## GET OUT AND GO

Five things to do in and around Lake County:

### Inside the ring

**Saturday, Aug. 4**

Poww Entertainment will host pro wrestling at American Legion Post 703 in Fox Lake. Info: (847) 604-1943

### Maze of maize

**Saturday, Aug. 4**

Richardson's farm offers a chance to have fun while winding through corn mazes. Info: (815) 675-9729

### Sangria spirit

**This weekend**

Spanish cuisine and a sangria tasting will be at Glunz Family Winery in Grayslake. Info: (847) 548-9463

### Sold!

**Saturday, Aug. 4**

An auction of items will take place at the Lake County Fairgrounds in Grayslake. Info: (847) 587-8303

### Gurnee Days

**Aug. 10-12**

Gurnee Days, with a comic-book hero theme, will take place in Viking Park. Info: (847) 623-7788

## WHAT'S INSIDE

School Notes	4A
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Sports	7B

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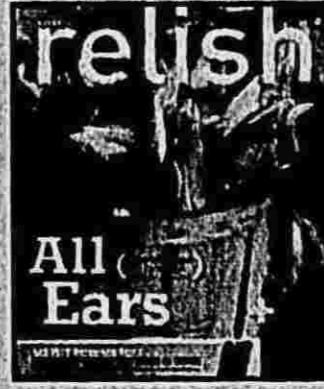
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## RELISH MAGAZINE

### All ears about

Look inside the paper for Relish Magazine. Learn how to make Spanish dishes for kids, the joy in not cooking and how sweet corn is all the rage this season.



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# A way of life

Antioch resident competes at Lake County Fair rodeo

By TARA CLIFTON  
tclifton@nwnews.com

ANTIOCH - For Shawn Schuld, being in rodeos isn't just a thrilling hobby, he said - it's a way of life that runs through his veins.

Schuld recently came in fourth place in the steer wrestling competition during the Lake County Fair's rodeo. He pulled, twisted, and thumped a steer to the ground of the arena until it was stuck on its side.

Schuld, 38, said he has had plenty of time learning the tricks of this sport. He's been in rodeos since he was 16.

"I've pretty much tried it all and kind of decided to stick with the steer wrestling," Schuld said. "That's what I did best with."

Growing up in the Antioch area, most of Schuld's family competed in rodeos and owned horses and other animals, he said.

His two older brothers rode saddle broncs and bulls, Schuld said, and his father competed in rodeos when he was younger.

According to the Web site of the Professional Rodeo Cowboys Association, steer wrestling, or bulldogging, is the quickest of rodeo events.

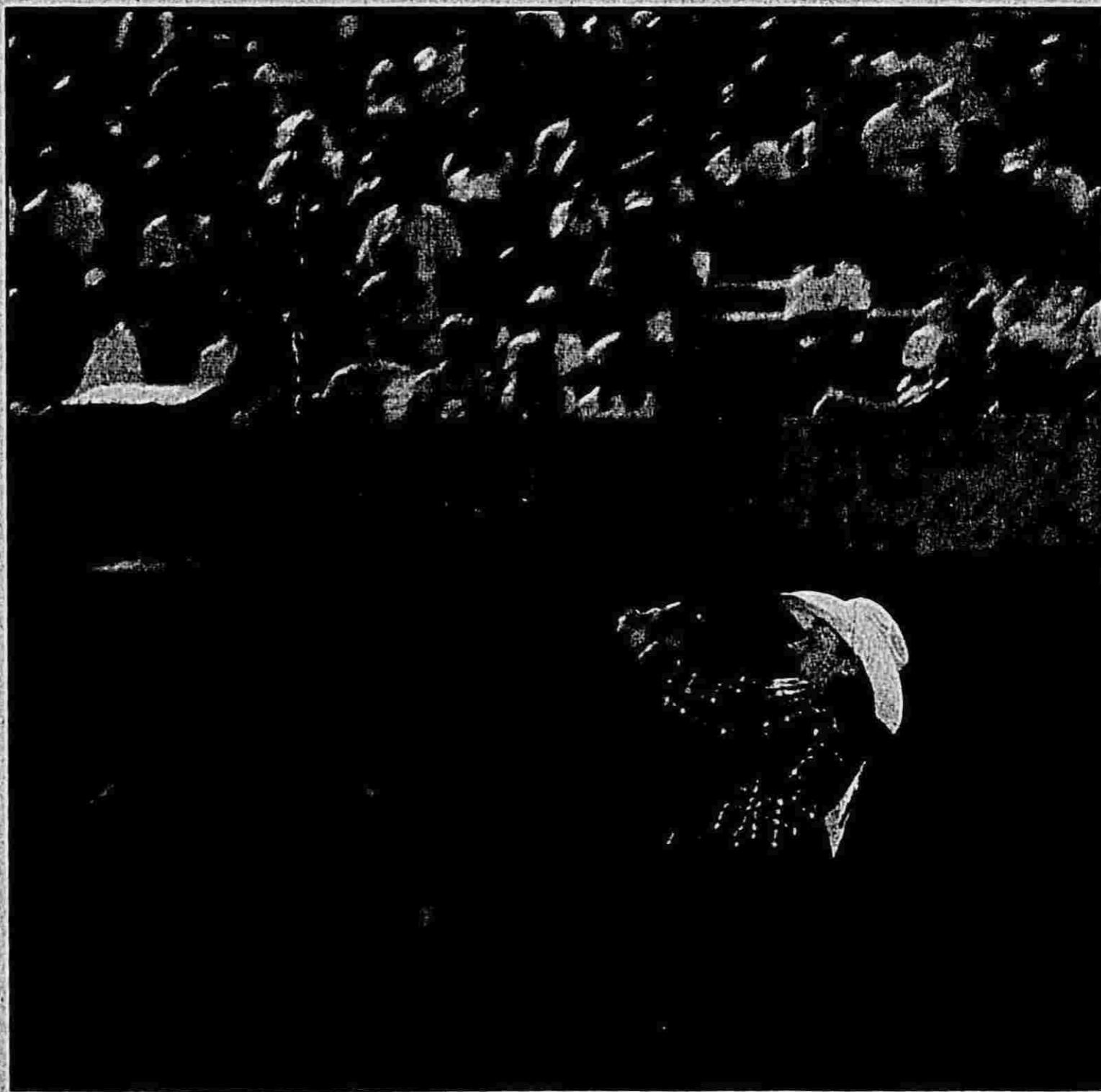
Once the steer is released into the arena, the cowboy chases after it on his horse, the Web site stated. Once close enough, the cowboy jumps off his horse and struggles the steer to the ground.

Wrestlers are judged on their speed, strength and agility. The goal is to get the steer down on its side as fast as possible. A winning time is usually 3 to 4 seconds.

"You can't be a little boy," Schuld said. "You have to have weight behind you and strength, and be athletic. Just be consistent."

As part of the Great Lakes ProRodeo Circuit, Schuld said he is usually in 15 to 20 rodeos from June to July. His girlfriend is on the circuit also, as a barrel racer.

When he's not chasing cattle



Anne Christie - achrissie@nwnews.com

### What is a steer?

A steer is a male cow that is castrated before sexual maturity, and is usually raised for beef.

around for a prize, Schuld works at a farm in Lake Geneva, taking care

of horses and doing other chores, he said. In his spare time he fishes, duck hunts, and rides his horse.

"It helps a lot to keep being around horses, and we try to practice everyday," he said.

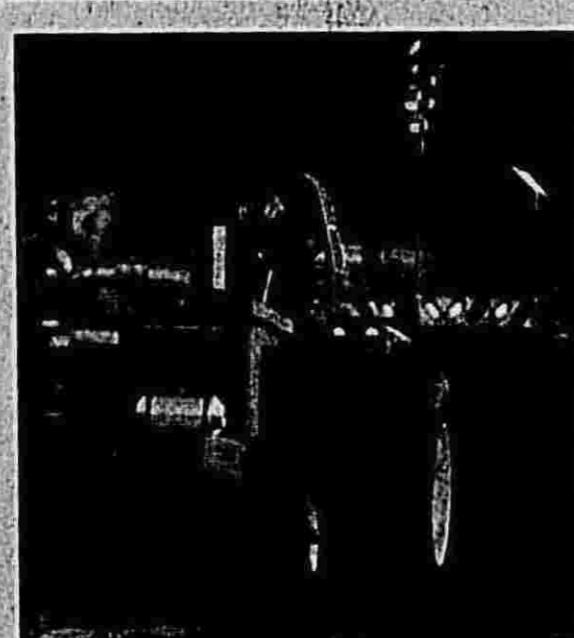
Schuld said that "in his old age" he is moving away from steer wrestling to team roping, and also

likes to teach younger cowboys how to wrestle steers.

Competing or not, Schuld said the rodeo will always be a part of him.

"We're all diehards and we've been doing it since we can remember," he said. "We just love doing it so much."

## SPORTS



### >> PrepSports

#### Haulin' a load

Tractors and trucks belched black smoke as they tried to drag as much as 20 tons of weight 300 feet. **PAGE 7B**

#### Demolition fan

Smashing and crashing cars get into the blood of the demolition derby fan - and the drivers. **PAGE 9B**

#### >> Can't Miss

#### National League

Cubs at Houston, 8:05 p.m., Aug. 7.

#### American League

Sox at Detroit, 1:05 p.m., Aug. 5.

#### >> SideLines

Competition can drive coaches and parents to ruin sports for children. Sports editor Dan Patrick says it's up to adults to instill good sportsmanship in young athletes. **PAGE 7B**

## LAKELIFE

### >> OnTheCover

Mutton Bustin' - where children 6 years old and younger tested how long they could ride a sheep - provided spectators at the Lake County Fair with hours of entertainment. **PAGE 1B**

### >> EveryMom

Columnist Jana Thompson talks about her adventures hunting for a house and how she learned that house ads are filled with exclamation points that seem to be a diversionary tactic. **PAGE 1B**

### WEB POLL

#### This week's question

How will the Bears fare this year?

- A) Win division, lose in the playoffs
- B) Won't make the playoffs
- C) Lose in the Super Bowl
- D) They win it all

Vote at [LakeCountyJournals.com](http://LakeCountyJournals.com)

#### Last week's question

If guilty, what should happen to former NBA referee Tim Donaghy for betting on NBA games and providing info to others?

- Jail or prison time (70 percent)
- Plea bargain (15 percent)
- Fine and counseling (12 percent)
- Don't know. (3 percent)

## IN MOTION

Livestock, mutton bustin', motocross and rides.

Check

out all

the

action

from

this

year's

Lake County Fair by viewing our audio slideshow at [LakeCountyJournals.com](http://LakeCountyJournals.com) in the multimedia section



## WEEKEND OUTLOOK

### FRIDAY, AUG. 3

HIGH: 88

LOW: 63

### SATURDAY, AUG. 4

HIGH: 92

LOW: 73

### SUNDAY, AUG. 5

HIGH: 94

LOW: 72

Source: CBS2 Chicago

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Volume 121 No. 31 (USPS 027-080)

The ANTIOTH JOURNAL is published weekly on Friday. It is a member of the NorthWest News Group. Periodical mail postage paid at Grayslake, IL 60030

**Antioch Journal**  
34121 N. Route 45, Suite 224  
Grayslake, IL 60030

**POSTMASTER:**  
Send address changes to Antioch Journal, 34121 N. Route 45, Suite 224, Grayslake, IL 60030

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## &gt;&gt; QuoteOfTheWeek

"We're all die hard and we've been doing it since we can remember. We just love doing it so much."  
—Shawn Schuld, on why he and people he knows continue to compete in rodeos (see story on 1A)

## &gt;&gt; NewsYouNeed

This week's top local stories:

- Prosecutors for the James Ealy case ask for more time. **4A**
- Double Eagle Sports Bar owner looks to open a fine dining restaurant in December. **4A**
- School District 34 implements new security system. **6A**

## &gt;&gt; Editor'sChoice

# The Journals an interactive place for readers

How many times have you read a story and agreed with one of the sources who was quoted. Or disagreed. Or just thought a source (or a reporter) could use some information or expertise that you just so happened to have?

Have you ever simply found a story's content intriguing enough that you wanted to make your voice and opinions heard on the subject?

With the Lake County Journals, it's easy for you to do just that.

We have been striving to make our



**Matt Pera**

paper as interactive as possible for our readers.

In our print edition, you are encouraged to send a letter to the editor if you feel strongly about a par-

ticular subject we have covered, or think we could stand to cover a little bit more.

The e-mail addresses of our reporters and editors are available right under our bylines and you can contact us anytime with your tips and ideas.

And our Web site offers a variety of options that allow you to become a part of how we report.

You can click on the comments link below a story to convey your opinion to everyone else who reads

it. You can also vote on our weekly Web poll that is on the right side of the screen.

If you can think of any other ways in which we can incorporate our readers to reflect the communities we cover, let us know.

I can always be contacted at mpera@nwnewsgroup.com

Thanks for reading the Journal, in print and online.

• Matt Pera is the news editor for the Lake County Journals.

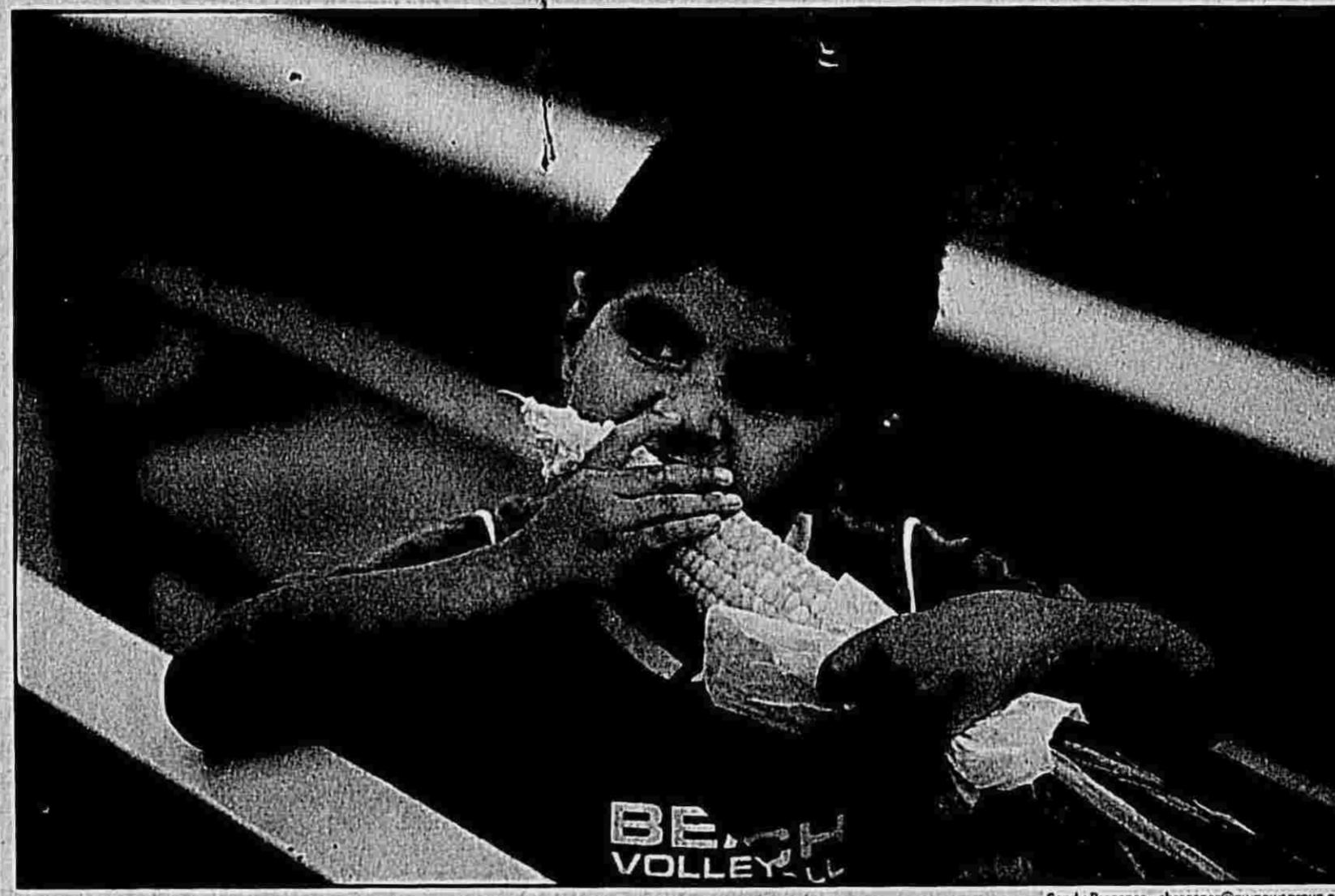
## &gt;&gt; CorrectionsAnd Clarifications

In the July 20 edition of the County section, in a story titled "County Board to welcome new District 1 member," Judy Martin's status on the board was misstated. She is filling out the rest of her term, which ends in Dec. 2008, and hopes that Linda Pedersen can take her place. Pedersen, however, must still be voted into the office. Also in the article, Pedersen's plans for if she is elected were misstated. She will not resign as legislative aide; rather, some changes would be made in the office for when she could not be available. We regret the error.

Accuracy is important to us at the Lake County Journals and we strive to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention.

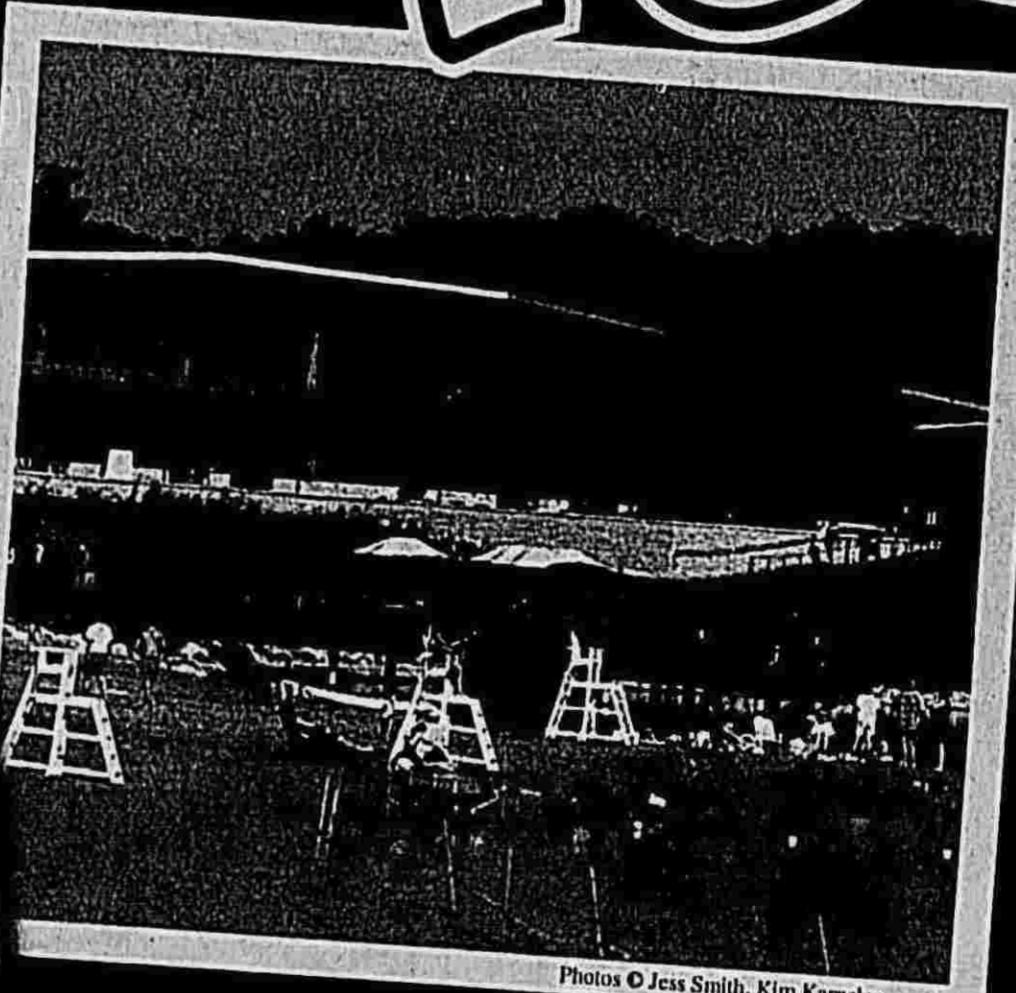
Call Matt Pera at (847) 223-8161 ext. 128 or e-mail him at mpera@nwnewsgroup.com.

Mmm tasty



Four-year-old Aldo Vega, of Gages Lake, bites into his sweet corn during the 2007 Lake County Fair in Grayslake. See more photos on page 4.

**Dayna Malow**  
July 31



Photos © Jess Smith, Kim Karpelis

# SUMMER FUN

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## &gt;&gt; Neighbors

**Kayla Pankiewicz of Lake Villa****I grew up in:**  
Lake Villa**My family:**  
Kathy (mom), Lee (dad), Kaitlyn (sister)**My pets:**  
Sammy and Sadie, two dogs; Smokey, cat**Occupation:**  
Hostess at Blackhorn Grille**Hobbies:**  
Field hockey, softball, dancing**Last movie I saw:**  
"I Know Who Killed Me"**My favorite band or music right now:**  
Hip hop**Last book you've read:**  
"Night"**Favorite restaurant:**  
Olive Garden**Favorite meal:**  
Steak**If I could have one super power, it would be:**  
To be able to know what people are thinking.**Rent a movie at home or go to the theater?**  
Go to the theater**My dream job:**  
To own my own salon**My dream car:**  
Mitsubishi Eclipse Spyder convertible**My pet peeve is:**  
People that chew loudly**My dream vacation would be:**  
Lying on a beach in Hawaii

If you have a "Neighbor" whom we should profile in this column, call the Lake County Journals at (847) 223-8161, or e-mail antioch@weeklyjournals.com or lakevilla@weeklyjournals.com

## &gt;&gt; Antioch

# A night to remember

Residents, survivors come out to support Relay For Life

By STEVE PETERSON  
speterson@nwnewsgroup.com

ANTIOCH — Members of the Thelen Sand and Gravel Relay For Life team were happy that "gold" was written on their sign near the campsite at Antioch High School, meaning they were one of the top fund raisers.

"We raised \$6,000," Steve Thelen said. "We have had members' sisters and dads die from cancer."

Antioch Community High School's football field looked like a tent city for 12 hours July 28 and 29, with tents holding money-raising activities. The occasion united people in a battle to fight all types of cancer for the American Cancer Society and the Relay for Life effort.

"It is great the support that we get from the town," said Denise Garwood of Antioch, a member of the Thelen team. "The towns' merchants had their storefronts decorated."

The team's specialty was a dunk tank which helped raise hundreds of dollars.

"You just know the feeling," cancer survivor Diana Thelen said, describing the moment that she was told of her cancer. Her family and friends participated in the Avon effort to raise cancer research funds.

Bob O'Carroll, another cancer survivor, has been fighting the disease for 15 years.

"I thought it was a hernia, but I had a tumor," he said. "I had chemotherapy and surgery."

Bankers for a Cure walked around the track for the 12 hours, carrying pictures of Mary Lou Toomey. Toomey was a State Bank of the Lakes employee who lost her battle with cancer.



Candace H. Johnson - wjnews@nwnewsgroup.com  
Antioch Village President Dorothy Larson walks with her husband, Ken, during the survivor lap at the fourth annual American Cancer Society's Relay For Life of Antioch/Lakes Area at Antioch High School. Larson is a survivor of uterine cancer.

She battled it for a long time and it was her second battle," said Venus Salak of Antioch, the team's captain. "Marchin' for Mum was the sign at another nearby tent. Family and friends gathered for Betty Padilla, who was born in England but lived in the United States for 50 years.

"She had seven kids, 23 grandkids and seven great great grandchildren," Tanya Lamber said. One could "be a knight" for a photo for \$1 or buy lemonade.

Ruth Conkling, owner of a Jewelry store in Fox Lake, and a member of the Paradise Team, raised money in memory of her parents. She is one of seven children. The tent had a casino-type theme, with an auction of a wide variety of items. The store's top items were one-carrot earrings, a Walter Payton item and Cubs tickets.

Tanja Kirk credits her strong faith with getting her

through tough times of cancer and her husband's assignment as an MP in Iraq. She was part of the large Community Church of the Holy Spirit church group.

The overnight stay's goal was to raise \$140,000. Antioch, Fox Lake, Lindenhurst, and Old Mill Creek were villages associated with the Saturday night activities.

Becky Koman, co-chair of the event, said that 41 teams raised roughly \$128,000, and 1,500 to 2,000 people attended.

"It was awesome," Koman said.

Cancer survivors gathered and released butterflies just before their special lap.

Donna Lee Kalinoski, of North Chicago, was the honorary survivor.

"I am so happy to be here. You appreciate each day. Relay was the most heartwarming experience of my whole life. There were tears

of happiness from the whole night," she said of last year's event. Her team was called "Donna's Day" and included Something Sweet & Gourmet of Antioch.

"I had no idea what Relay for Life was. Now, I am aware that these relays take place all over the country. It turned out to be one of the most memorable and emotional experiences of my life," Kalinoski said in her letter seeking financial support from donors. "The best part of it is it is so much fun."

The weather largely cooperated during the late July night.

"It is super," survivor Phil Lombardo said of the night.

Some members of the Cancer Crusaders team wore superman-like capes. "It is fantastic," Shelby Wais said.

• Staff reporter Tara Clifton contributed to this report.

## &gt;&gt; OurTown



Tara Clifton

## Preserving the past

The Lake Villa District Library, Lake Villa Community Bank and the Lake Villa Historical Society are teaming to preserve old newspapers by converting them into microfilm.

Since 2006, the library has stored copies of the **Lake Villa Record** newspapers, dating from 1959 to 1989. Microfilms can be stored for up to 500 years.

To help out, residents can bring their spare change to the Lake Villa Community Bank, 345 S. Milwaukee Ave, in Lake Villa, to get it counted for free in a machine. Receipts are then taken to a teller to be deposited into a special account.

**First National Bank-Employee Owned** will have a community blood drive in conjunction with LifeSource at the bank's Antioch facility.

The drive will be from 9 a.m. to 1:30 p.m. on Saturday, Aug. 25, at 485 Lake St. in the bank's community room.

Donors need to be at least 17 years old, weigh a minimum of 110 pounds, and be in healthy condition. Those who are 16 may donate with written parental consent. A person can give blood once every eight weeks.

Those interested can make an appointment by calling (847) 838-2265 or walk in the day of the drive.

Hey, we've got a graduate and a Dean's List honoree! **Shayna Mortensen**, of Lindenhurst, graduated from Trinity Christian College in Palos Heights, while **Claire Earll**, of Lindenhurst, was named to the Dean's List at Vanderbilt University in Nashville.

• If you have interesting information or anecdotes to submit for "Our Town," e-mail reporter Tara Clifton at tclifton@nwnewsgroup.com.

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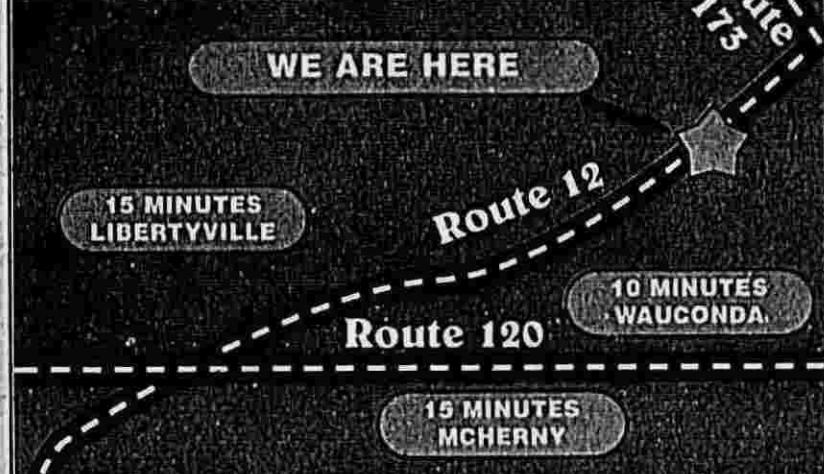
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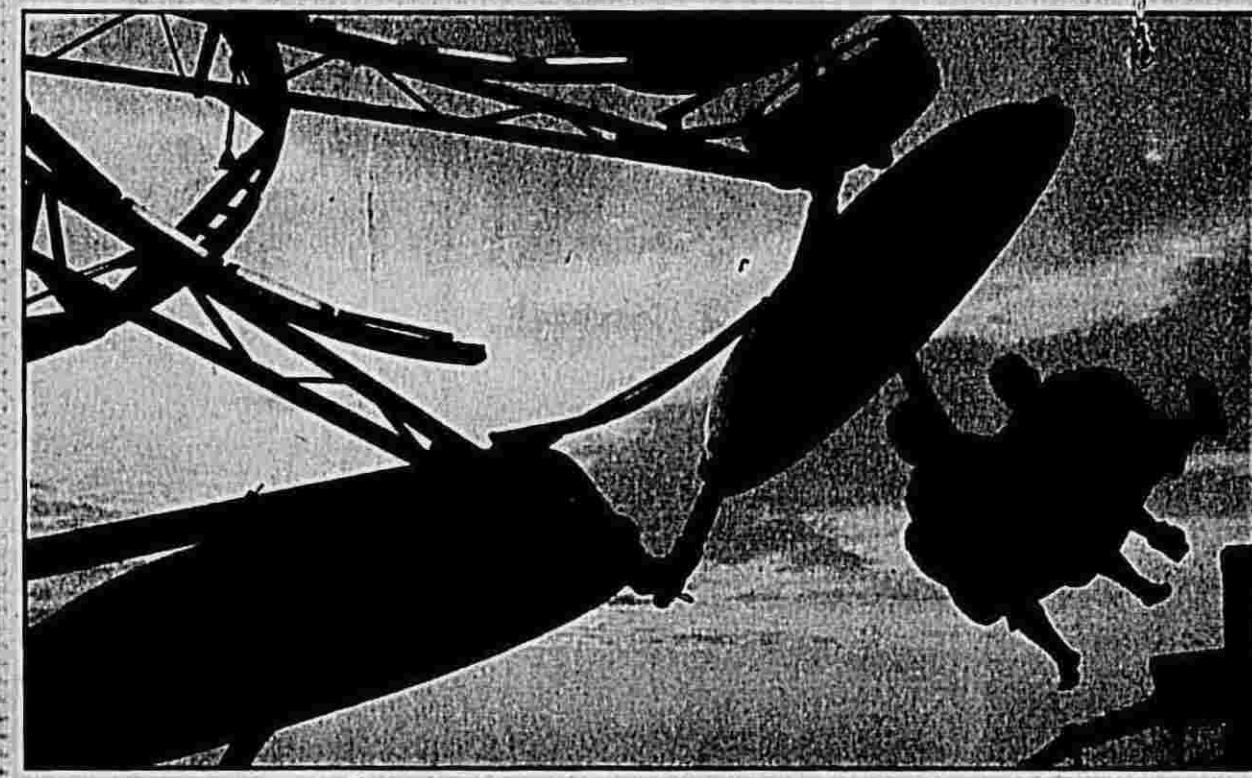
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## A fun-filled time at the fair



Annie Christie - achristie@nwnews.com



Sandy Bressner - sbressner@nwnews.com

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### >> Waukegan

## Homicide suspect awaits trial

Lake Villa man has pleaded not guilty to all 7 charges

By TARA CLIFTON  
tclifton@nwnews.com

WAUKEGAN - Prosecutors still need more time to determine whether to seek the death penalty against James Ealy.

Lead prosecutor Jeffrey Pavletic said lawyers are still waiting for DNA evidence from the Illinois State Police crime lab and the Northeastern Regional Crime Laboratory.

Pavletic asked Judge Fred L. Foreman last week to grant more time to gather that and other evidence before Ealy's trial date is set.

Foreman set a deadline for the prosecution at 9 a.m. on

Thursday, Aug. 31. A trial date and a decision whether to seek the death penalty against Ealy might be determined.

Ealy, 42,

102 N. Milwaukee Ave. in Lake Villa, is in the Lake County Jail without bond in connection with the death of

Mary Hutchison.

Hutchison, 45, of Trevor, Wis., was found dead on Nov. 27 at the Lindenhurst Burger King that she managed, at Munn Road and Route 132. The restaurant has since shut down.

Police said that Hutchison had been strangled and stabbed.

Ealy has pleaded not guilty to seven counts of a first

degree homicide charge.

If convicted of all seven counts, Ealy, who is married and has two stepchildren, could serve up to 100 years in prison or face the death penalty.

Three of the counts are for a "brutal and heinous" homicide, and four are for the fact that a homicide was committed during a robbery.

Court records from both Lake and Cook counties have shown that Ealy has a violent criminal past.

In 1982 a jury convicted Ealy of killing a woman and four children in Chicago on Aug. 16 of that year. However, in 1986 an appellate court overturned Ealy's conviction, saying that police did not have probable cause to hold him.

The victims were Christine Parker, 33, and her children Mary Ann, 15, Cora, 13, and Jontae, 3.



James Ealy

### >> Antioch

## Restaurateurs expand business

Owners of Double Eagle plan for new family dining establishment

By TARA CLIFTON  
tclifton@nwnews.com

ANTIOCH - If things continue as they are, Bob McCarty and Vince Tomasello should have another restaurant by the beginning of December.

Sitting on 9,100 square feet on Route 59, next to the Double Eagle Sports Club, Elements, a new restaurant, will be part of what the Double Eagle already offers, McCarty said.

Construction began in May, and Tomasello said he hopes it will be ready for business by Dec. 1.

Tomasello and McCarty said they have been planning the eatery since McCarty and his wife, Dawn, became business partners in mid-2006 with Tomasello and his wife, Ariene.

Members of both the Tomasello and McCarty families will help run the two businesses. McCarty said he will keep his other business, Lakeshore Construction.

Tomasello said that Elements will focus on fine family dining and be divided into two sections.

“

It'll have a little bit of a European flair.

Vince Tomasello

Owner of Double Eagle Sports Club and Elements

”

"It'll have an upscale menu," McCarty said, "but not too crazy."

One will have a bar lounge, including a martini bar, for those 21 and over, and the other section will offer families good food and non-alcoholic drink, Tomasello said.

"It'll have a little bit of a European flair," he said.

Dishes include steaks, chops, fresh fish, pastas, and low calorie Italian ice cream, Tomasello said.

McCarty said that Elements will also offer carry out and delivery. Meanwhile, the Double Eagle will become mainly a sports bar, leaving the restaurant part to Elements.

### >> SchoolNotes

#### SCHOOL DISTRICT 34

##### Summer School registration

If your child is new to the district, make sure to jot down these upcoming registration dates.

From 1 to 5 p.m. and 6 to 8 p.m. on Thursday, Aug. 9, at all district schools, new students will be signed up.

Parents need to bring proper identification documents.

For more information, call the district at (847) 838-8400.

#### SCHOOL DISTRICT 41

games begin at 1 p.m. After golf, attendants can stay for dinner at 6 p.m., which includes awards and a raffle.

Cost for golfing is \$90 a person, which includes 18 holes of golf, 1/2 cart, lunch, dinner and prizes. Dinner only is \$25.

For more information, call the district at (847) 838-8400.

#### SCHOOL DISTRICT 41

##### Go golfing

The district is taking registration for its annual Golf Outing fundraiser, set for Friday, Aug. 3, at the Antioch Golf Club.

For more information, call Lou Guido at (847) 245-8077.

Get your packets in

Staffers want to remind stu-

dents and parents to turn in their registration packets as soon as possible.

Classes are being formed now. For more information, call the district at (847) 356-2385.

#### SCHOOL DISTRICT 117

##### Offices still open

Both Lakes and Antioch high schools' main offices will be open for business during the summer months.

Both schools hours are 7 a.m. to 3:30 p.m. Monday through Friday. Registration packets will be mailed out in mid-June, and final schedules will be available in mid-August.

For any questions, call the district office at (847) 838-7170.

**Saturday, August 11<sup>th</sup>, at 9:00am  
University Center at CLC Room 133**

## Foreclosure Buying Seminar

### How to Finance Foreclosures, Rehabs and Short Sales

Get answers on...

- Money making tips on various investment properties
- How to negotiate with the banks & sellers
- What to do and when to do it
- Needed forms & helpful websites

HOSTED BY: Industry leading experts

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**Saturday, August 11<sup>th</sup>, at 9:00am**

**RSVP by Aug. 9<sup>th</sup>**

**Space is Limited!**

**847-543-6695**

**chanel.denny@bairdwarner.com**



**BAIRD & WARNER**

## COMMUNITY

**Alcoholic's Anonymous' meetings.** Several meetings throughout Lake County on a daily basis. Call (847) 362-1811 or visit [www.district10ila.org](http://www.district10ila.org) for meeting information.

**ANTIOCH**  
• **Learn about the U.S.**  
**Constitution**. 7 p.m., Tuesdays. Beautiful Savior Lutheran Church, 1501 Deep Lake Rd. Classes are free. Attendees who complete at least nine weeks will receive a certificate of completion. For more information, call Pastor Darald Gruen at (224) 433-0076.

• **Vacation Bible School "Quest for Truth."** 6:30-8 p.m., Sunday, Aug. 5-Thursday, Aug. 9. Beautiful Savior Lutheran Church, 1501 Deep Lake Rd. To register or for more information, call (847) 395-9400.

• **Vacation Bible School**. 9 a.m.-noon, Aug. 6-10. St. Stephen's Lutheran Church, 1155 Hillside Ave. Children aged preschool through 5th grade. A \$5 donation is requested. To register, pick up a form at the church, or call (847) 395-3359 Monday-Thursday, 10 a.m.-3 p.m.

• **Sub-committee meetings of Antioch Village Board**. 7 p.m., first Mondays. Committee meetings of the whole follow at 8 p.m. in the Village Hall Board Room, 874 Main St.

• **Antioch Planning and Zoning Board meeting**. 7:30 p.m., second Thursdays. Municipal Building, 874 Main St. Call (847) 395-1000 to confirm.

• **American Business Women's Association meeting**. 8 a.m., second Wednesdays. Keller Williams Realty on Rt. 83 (south of Rt. 173). Call Nancy at (847) 838-6500 for information.

• **Bingo**. 12:45 p.m., Mondays. The Senior Center. Call (847) 395-0139 for details.

• **Bingo**. 6:45 p.m., Tuesdays. Antioch VFW. Doors open at 4:30 p.m. Call (847) 395-5393 for more information.

• **Pinochle**. 12:30 p.m., Thursdays and Fridays. The Senior Center. Call (847) 395-0139 for details.

• **CPR classes**. 6 p.m., second and fourth Wednesdays. Squad Building, 835 Holbek Dr., sponsored by Antioch Rescue Squad. \$5 fee. Call (847) 395-551 to learn more.

• **Antioch Network of Friends meeting**. 7 p.m., first Tuesdays. Community Building, 884 Main St., back entrance. A multiple sclerosis support group. Call Louise at (847) 395-1317 or Rachel at (847) 973-1808 for details.

• **Take Off Pounds Sensibly meeting**. 6 p.m., Wednesdays, weigh-in, 7 p.m. meeting. The Senior Center, 817 Holbek Dr. Call Dorothy at (847) 395-7407 or Betty at (847) 838-3907 for more information.

• **AFFTER (Advocates for Fibromyalgia Funding, Treatment Education and Research) support group meeting**. 10 a.m.-noon, first Saturdays. Antioch's Community Building, 884 Main St. Call (847) 362-7807 or go to [www.AFFTER.org](http://www.AFFTER.org) for more information.

• **Kiwanis Club of Antioch meeting**. Noon, Tuesdays. Petrucci's Italian Market & Cafe, 311 Depot St. The public is welcome to join and share experience, knowledge and service project ideas. Contact Melissa at (847) 489-8044, e-mail at [mrjigoni@hotmail.com](mailto:mrjigoni@hotmail.com) or Larry Mondle at (847) 650-9530, e-mail at [brscoops@aol.com](mailto:brscoops@aol.com) for more information.

• **The Meeting House Museum**. 11 a.m.-3 p.m., first Saturdays. See original photos of Antioch and a veterans' exhibit of photos and memorabilia from the Civil War through the Gulf War.

• **Lakes Area Community Band rehearsal**. 7-9 p.m., Mondays. Antioch Community High School band room. Area musicians high school age and older are welcome to join. No auditions. Call Debbie Davis at (847) 395-0272 to learn more.

• **Open gym**. 7-9 p.m., Sundays. Antioch Community High School. \$2. Adults only.

**BEACH PARK**  
• **Foundation for Education meeting**. 6:30 p.m., Monday, Aug. 6. Kenneth Murphy School, 11315 Wadsworth Rd.

**CRYSTAL LAKE**  
• **Crystal Lake Toastmasters Club meeting**. 8-10 a.m., first and third Saturdays at Amcore Bank Building, Rt. 14 and Pingree Rd. Develop your presentation and leadership skills. For information, call Steve at (847) 526-1525 or visit <http://user.mc.net/~toast1>.

**FOX LAKE**  
• **Grant Township Area Athletic Association's Annual Fun Fair in the Park**. Saturday, Aug. 11. Veteran's Park, 301 S. Rt. 59. For more information, call (847) 587-7608.

**GRAYSLAKE**  
• **Knights of Columbus Summer Blood Drive**. 8 a.m.-2 p.m., Sunday, Aug. 5. St. Gilbert Chapel Hall, Rt. 120. For more information, call Jim McClure at (847) 548-4911 or visit [www.grayslakekofc.com/BloodDrive.htm](http://www.grayslakekofc.com/BloodDrive.htm).

• **Zurk's Antique Market**. 8 a.m.-3 p.m., Sunday, Aug. 12. Lake County Fairgrounds, Rts. 120 and 45. For more information, call (715) 526-9769 or visit [www.zurkopromotions.com](http://www.zurkopromotions.com).

**GURNEE**  
• **Gurnee Days "Comic Book Heroes"**. Saturday, Aug. 11, 11 a.m.-7 p.m., and Sunday, Aug. 12, 11 a.m.-5 p.m. Viking Park, Old Grand Ave.

• **Network Lake County meeting**. 8-9 a.m., Thursdays. A business networking group meeting in Gurnee. Call Boyce Buckner at (847) 838-0058 to learn more.

• **Lake County Chamber of Commerce networkers group meeting**. 7:30 a.m., first and third Fridays. In-Laws Restaurant, 720 N. Milwaukee Ave. Call (847) 249-3800 for information.

• **Daniel Wright Toastmasters Club meeting**. 7-9 p.m., first and third Tuesdays. In-Laws Restaurant, 720 Milwaukee Ave. Members meet to develop communication and leadership skills. For more information, call Sam Valenti at (847) 722-2828, or visit <http://danielwright.toasthost.org>.

• **Lake County Spinner's Guild meeting**. 1:30-4 p.m., second Sundays. Warren-Newport Public Library. Enjoy the art of fiber spinning and meet fellow spinners. Call Carol at (847) 234-0778 or Chris at (847) 367-2536 to learn more.

• **Public Works/Public Property and Open Spaces Committee meeting**. 6:30 p.m., second Wednesdays. 100 N. Hainesville Rd. For more information, call (847) 223-2032.

• **Hainesville Great Age Club**. Varied times, first Tuesdays. Hainesville Village Hall. The group is for Hainesville residents, age 62 and older. For more information, call the village hall at (847) 223-2032.

**LAKE VILLA**  
• **Lake Villa Historical Society program**. 7 p.m., Tuesday, Aug. 7. Reflections Restaurant, Deep Lake Rd. Les Herbst will review the historic photos displayed throughout the restaurant. For reservations or information, call Sue at (847) 265-8685 or Alyce at (847) 356-6100.

• **Lake Villa Village Board meeting**. 8 p.m., second Wednesdays.

• **Weigh to Win meeting**. 7-8 p.m., Tuesdays. Calvary Christian Center, Monaville Rd. Call (847) 356-6181 to learn more.

• **Lake Villa Take Off Pounds Sensibly meeting**. 5:30 p.m., Wednesdays. Church of the Holy Family, 25291 W. Lehman. Call Cathy at (847) 587-7710 or Debbie at (847) 687-5531 for details.

• **Lake Villa Historical Society meeting**. 7 p.m., first Tuesdays. Lake Villa Village Hall, 65 Cedar Ave. For more information, call Sue at (847) 265-8685 or Alyce at (847) 356-6100.

**LIBERTYVILLE**  
• **Arthritis support group meeting**. 2 p.m., second Sundays. Call Martha at (847) 362-0889 to learn more.

• **MS Support Group meeting**. 2-4 p.m., second Sundays. Call (847) 549-8971 for additional details.

**LINCOLNSHIRE**  
• **34th Annual Illinois AA State Conference**. Aug. 3-5, Marriott Resort, 10 Marriot Dr. Registration is \$18 for the conference and dance or \$50 for the conference, dance and banquet. For more information, call (847) 746-3479 or (847) 336-1393, or visit [www.aa-ila.org](http://www.aa-ila.org), [www.aadistrict12.com](http://www.aadistrict12.com).

**LINDENHURST**  
• **Lindenhurst Environmental Activity and Education Commission meeting**. 6:30 p.m., second Wednesdays. Village Hall, 2301 E. Sand Lake Rd.

• **Lindenhurst Community Partnership meeting**. 7 p.m., second Wednesdays. Village Hall.

• **Free blood pressure screening**. 8 a.m.-noon, Mondays. The Village at Victory Lakes Continuing Care Center. Call (847) 356-5900 to learn more.

• **VFW Post 4894 meeting**. 8 p.m., second Wednesdays. Civic Center. Call (847) 356-7482 for details.

**MUNDELEIN**  
• **Wood Carving Club meeting**. 2-5 p.m., first and third Tuesdays. Community Protestant Church, 418

N. Prairie. Call (847) 623-2072 for details.

**OLD MILL CREEK**  
• **Martin's General Store Museum**. 12:30-4 p.m., Sundays. Rt. 45 and Grass Lake Rd.

Operated by the Historic Millburn Community Association, Inc. For more information, call Jennifer Andrew at (847) 845-8683.

**ROUND LAKE**  
• **Big Brothers, Big Sisters meeting**. 6:30-8 p.m., Mondays. Calvary Presbyterian Church, 510 Cedar Lake Rd. Call (847) 360-0770 for information.

**WAUCONDA**

• **Art Discovery Festival of Fine Arts**. 10 a.m.-5 p.m., Saturday, Aug. 11. Discovery Museum grounds, Lakewood Forest Preserve, Rt. 176 and Fairfield Rd.

**WAUKEGAN**

• **National Alliance for the Mentally Ill support group**

**SPRING GROVE**

• **Spring Grove Village Board meeting**. 6 p.m., first and third Tuesdays. Council Chambers at the Municipal Centre, 7401 Meyer Rd.

For more information, call (815) 675-2121.

**WAUCONDA**

• **Art Discovery Festival of Fine Arts**. 10 a.m.-5 p.m., Saturday, Aug. 11. Discovery Museum grounds, Lakewood Forest Preserve, Rt. 176 and Fairfield Rd.

**WAUKEGAN**

• **National Alliance for the Mentally Ill support group**

**WAUKEGAN**

• **Catholic Charities foster parent informational meeting**.

7-9 p.m., first Tuesdays. Joseph Cardinal Bernardin Center, 671 S. Lewis. Individuals, couples and families interested in providing foster homes for children in need of temporary shelter are asked to attend.

For meeting registration or more information, call Lucy Rivera at (847) 782-4249.

• **Lake County Board of Health meeting**. 6 p.m.,

meeting. 6:30 p.m., second Thursdays. Lake County Health Department, 3012 Grand Ave., Waukegan. Call LCHD at (847) 377-8180 for details.

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## &gt;&gt;PoliceBeat

People named here have only been charged with these crimes, not convicted. Information in Police Beat comes from local police records.

## LAKE VILLA

## Suspended license

Juan M. Munoz, 24, 1407 Fowler, Evanston, driving with a suspended license, suspended registration, July 26.

Ronald P. Tushner, 38, 26357 W. Central, Ingleside, driving with a suspended license, July 20.

Juan C. Palma, 33, 9622 W. Brown Deer Drive, Milwaukee, Wis., driving with a suspended license, improper lane use, July 19.

## No license

Katherine N. Brooks, 60, 24896 W. Forest Drive, Lake Villa, driving without a license, July 25.

## DUI

Mandy C. McDonald, 41, 418 Red Cedar Road, Lake Villa, driving under the influence, improper lane use, July 16.

Brian E. Sedlock, 49, 2115 Meadow Drive, Lindenhurst, driving under the influence, improper lane use, July 15.

## No valid registration

John W. Tesch, 37, 25183 W. Lincoln Drive, Lake Villa, driving without valid registration, driving without a license, improper use of registration, possession of marijuana, July 19.

## ANTIOCH

## No valid license

James M. Garcia, 25, 1009 W. Bay Road, McHenry, driving without a valid license, speeding, failure to secure new registration, July 23.

## Theft

James R. Boerman, 42, 780 Main St., Antioch, July 22.

## Possession

Jason R. Siepl, 21, 305 Hill Court, Antioch, possession of marijuana, possession of drug equipment, July 25.

## Revoked license

David J. Dettman, 47, 8215 116th St., Pleasant Prairie, Wis., driving with a revoked license, July 27.

Jonathan M. Howard, 22, 6533 246th Ave., Paddock Lake, Wis., driving with a revoked license, failure to stop a stop sign, driving without valid registration, July 27.

## Suspended license

Mari Debaz, 21, 1109 Bishop St., Antioch, driving with a suspended license, speeding, July 29.

## Disorderly conduct

Bonnie L. Wisowaty, 58, 764 Main St., Antioch, disorderly conduct, resisting a police officer, July 30.

## Underage drinking

Bryan P. Serzynski, 20, 1808 Maplewood, Lindenhurst, underage drinking.

## LINDENHURST

## DUI

Christopher A. Flom, 24, 12215 S. Millard, Alsip, driving under the influence, failure to signal, improper lane use, driving without proof of insurance, DUI with a blood alcohol content more than 0.08, July 22.

## No valid license

Jason R. Lewis, 32, 1912 Sprucewood Lane, Lindenhurst, driving under the influence, DUI with a blood alcohol content

more than 0.08, July 24.

## Possession

John G. Stebbins, 45, 19059 W. Sand Lake Road, Lindenhurst, possession of marijuana, July 23.

Louis M. Crespo, 19, 2125 Elmwood, Waukegan, possession of marijuana, not wearing a seat belts, driving without a valid license, driving without proof of insurance, July 25.

## Suspended license

Mike J. Mielke, 23, 361 Harden, Antioch, driving with a suspended license, possession of marijuana, failure to notify the state of an address change, July 24.

Sarah B. Muehlnickel, 20, 39193 Cedar Crest, Lake Villa, driving with a suspended license, driving without proof of insurance, July 25.

Connie L. Dix, 59, 2535 Gordon Drive, Flossmoor, driving with a suspended license, July 25.

Gregorio Escalera-Baltazar, 37, 622 Washington St., Waukegan, driving with a suspended license, July 25.

Patricia A. Ridge, 48, 18487 W. Rae, Gurnee, driving with a suspended license, July 25.

## Revoked license

Ines Antunez, 52, 20270 W. Rollins Road, Lake Villa, driving with a revoked license, no seat belts, improper use of registration, no proof of insurance, no valid registration, July 25.

## No valid license

Rafael Gordiano-Solar, 20, 1520 N. Park Drive, Round Lake Beach, driving without a valid license, speeding, no proof of insurance, July 25.

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Martha Lanora

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\*APR = Annual Percentage Rate. All rates subject to change without notice. Rate may be higher dependent on borrower's credit history, income and other factors. CTCU will randomly draw one auto loan closed between June 11th, 2007 and August 31st, 2007 for a 0% auto loan. Odds of winning dependent on closed loans in a given month. Auto loans currently financed at Community Trust Credit Union are not eligible. Auto loan must be originated at Community Trust Credit Union. If the loan becomes greater than 60 days delinquent the rate will be increased back to the original APR for the remaining term of the loan.

## &gt;&gt; LakeVilla

# Village Board set to vote on mixed-use development

By TARA CLIFTON  
tclifton@nwnewsroup.com

LAKE VILLA - The Village Board of Trustees should vote during its next board meeting on plans to develop the former Cedar Lake and Sherwood parks.

Action was delayed once more last week to allow Buschman Development more time to tweak its final proposal.

The next board meeting is at 8 p.m. on Wednesday, Aug. 8, and will take place at either Palombi Middle School or Village Hall.

Many residents have shown open disdain during public hearings about the idea of building 515 residential units and a 12-acre commercial space on the old parks.

Land owners Robert and Susan Johnston and Buschman Development want to split the

development into two parts.

Drawings for the Cedar Lake Park site showed 100 single family lots, ranging in size from 10,798 square feet to 26,000 square feet. Next to the subdivision were 133 townhouses, varying from 1,400 square feet to 2,350 square feet each.

On the Sherwood Park site, 102 townhouses would be built next to 180 condominiums. Adjoining the homes would be the 12-acre commercial area.

Robert and Susan Johnston and Buschman Development must comply with village codes under the lawsuit agreement, which was settled in September of 2006.

The Johnstons and Buschman Development filed the suit against the village when their plans were rejected three years ago.

## &gt;&gt; Lindenhurst

# Village gears up for Lindenfest

Annual festival activities include music, pageants, games

## LAKE COUNTY JOURNALS

## Lindenfest

LINDENHURST  
Lindenfest will once again offer families a smorgasbord of activities for four straight days.

Lindenfest 2007 will be from 6 to 10 p.m. on Thursday, Aug. 9; 6 p.m. to midnight on Friday, Aug. 10; noon to midnight on Saturday, Aug. 11; and noon to 5 p.m. on Sunday, Aug. 12. The fun takes place at

Village Hall grounds, 2301 E. Sand Lake Road.

Attendants can listen to a wide variety of music, including DJ Wayne Ewing, '60s

rockers Crows Feet, and Dot Dot Dot, playing contemporary rock.

The Miss, Junior Miss, and Little Miss Lindenfest Pageant will be on the first day of the festival, and the Lindenfest Parade is at 10:30 a.m. on Saturday.

Residents also can play on carnival rides, play games, see a magician, get their faces painted, watch dance troupes perform and more.

## &gt;&gt; Antioch

# D-34 gets ID screening software

## LAKE COUNTY JOURNALS

ANTIOCH - Starting on the first day of school this year, School District 34 will get a Raptor.

Not the dinosaur, but the screening system that checks visitors' backgrounds using only a driver's license

Raptor, development by V-Soft, swipes licenses and compares the person's information with sexual offender databases from 42 states.

It is the same system that School District 117 and Emmons School uses.

Once that person's mini background check comes out clean, visitors are not required to get scanned the next time they come to schools.

According to a press release, the system will have a one-time cost of \$1,800 per school, and an annual cost of \$450 to update and maintain the software. Antioch Upper Grade School received a Department of Defense grant to pay for its software.

"It takes the safety and accountability factor up one notch by letting us know immediately if the visitor is a predator," said Superintendent Scott Thompson.

## &gt;&gt; Births

Logan Donald Gust, a son, was born May 30 at Condell Medical Center in Libertyville to Thomas and Angel Gust of Antioch. His brother is Teagan, 7. Grandparents are Sue Gust and

Bill Bauer of Lake Villa and Steve and Kristi Townsend of Antioch. John 'Jack' Montgomery Majerowski, a son, was born May 18 at Lake Forest Hospital to John and Amanda Majerowski of Antioch. Grandparents are (the late) Leroy and Penny Smith of Antioch; and Robert and Suzanne Majerowski of Niles.

## Come Worship With Us

## A Directory Of

## Antioch Area Churches

Graceland Baptist Church, 258 Ida St., Antioch, IL. Sunday School 11am, Morning Worship 11am, Sunday Evening 7pm, Robert Williams, Pastor.

Beautiful Savior Lutheran Church, Missouri Synod, 1501 Deep Lake Road, Antioch, 847-395-9400. Sunday Worship at 9am, Sunday School, High School & Adult Bible Classes 10:45am.

Heritage Lutheran Church, Heritage Lutheran, 630 N. Beck, Lindenhurst, 847-356-1766. Sunday service 10:00 am, Sunday School & Bible Class 9:00 am, (summer schedule - 9:00 am Sunday) Rev. Mark W. Anderson, Pastor.

St. Ignatius Episcopal, 500 Depot St., Antioch, Phone (847) 395-0652. Low Mass 7:30am, High Mass 9:30am, Sunday School & Nursery 9:30am.

CrossView Church (formerly Antioch Evangelical Free Church), 750 Highway Drive, Antioch, IL. 847-395-4117. Sunday Worship 9:00am and 10:30am Sunday School for all ages (nursery provided) Call for more information.

St. Stephen Lutheran Church, 1155 Hillside Ave., (847) 395-3359. Sunday Worship 8:00, 9:30, 10:45am. Rev. Roger Black, Pastor. Saturday Worship Service 5:00pm

Christian Life Fellowship Assemblies of God Church, 41625 Deep Lake Rd., Antioch, (847) 395-8572. Sunday School (all ages) 9am, Sunday Worship 10am, & 10:45pm, Children's Church 10am, Wednesday Worship & Children's Program 7am, Tues. Women's Fellowship & Bible Study 9:15-10:30am. Jeff Brussell, Pastor.

Antioch Baptist Church, 817 Holbeck Dr., Antioch, (847) 769-5332. Sunday Worship 10:15am, 6:00pm, Wednesday Bible Study 7:00pm. Pastor Ken Foster.

Community Church of the Holy Spirit, 25291 W. Lehmann Blvd., Lake Villa, (847) 245-3000. Sunday Worship 11am, Bible Study Wednesday 10:30am & 7:30pm. Rev. Scott Keenan, Pastor. www.myholyspirit.org.

Faith Evangelical Lutheran, 24300 W. Grass Lake Rd., Antioch, (847) 293-6101. Sunday Worship 8am & 10:45am, Mon. Worship 7:00pm, Sunday School Weekly at 9:30am, Adult Studies Sun. 9:30am & Tues. 7pm, www.faithantioch.org

Millburn Congregational United Church of Christ, 19073 W. Grass Lake Rd. at Rte. 45, (847) 356-5237, Sunday Services 8:30am, Eucharist at 10am, Family Worship with Church School and Nursery Care, Rev. Jed Watson, Pastor.

Antioch United Methodist Church, 848 Main St., Antioch, (847) 395-1259. Sunday Worship 8 a.m. and 10:30 a.m. Sunday School all ages 9:15am. Nursery birth through kindergarten of age from 8 to 11:30 a.m. Rev. Barbara Good, Pastor. www.umcoa.org.

St. Peter's Church, 557 W. Lake St., Antioch, (847) 395-0274. Masses weekdays, 7:30am; Sunday 6:30, 8:30, 11:30am & Saturday 5:30pm. Rev. Father Ronald H. Anglin, Pastor.

Chain of Lakes Community Bible Church, 43 W. Grass Lake Rd., Lake Villa, www.clcb.com, (847) 838-103, Sunday Worship 9:30 and 11:00. Sunday School, Jr. & Sr. High Youth Programs, Rev. Kerry Bauman, Senior Pastor

Good Shepherd Lutheran Church (Missouri Synod), 25100 W. Grand Ave., (Rte. 59 & 132), Lake Villa, (847) 356-5158. Sunday Worship 8:15 & 10:45am; Sunday School (3 and up) and Bible Study 9:30am. Rev. John Zellmer, Pastor.

Lighthouse Church of Antioch, 554 Parkway Ave., Antioch, (847) 638-0616. Saturday Service 7:00 p.m. Adventure Club for Kids, Adult Bible Study Saturday 6:00 p.m. Monday Bible Study 7:00 p.m. Thursday Evening PTS Support Group 7:00 p.m. Senior Pastor Tom Bartner.

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## &gt;&gt; LocalDeaths

Rosebud C. Sunich, 80, Antioch  
 Julia M. Sima, 81, Round Lake  
 Avis B. Hatch, 80, Libertyville

John Poland, 76, Round Lake  
 J. Brent Rainwater, 41, Lake Villa  
 Mary A. Boyd, 70, Antioch

Marilyn Mae Rodriguez, 59, Round Lake Beach  
 James E. Ramsay, 62, Libertyville

OBITUARIES ON PAGE 10A

## &gt;&gt; InBrief

**Health department advises West Nile virus precaution**

The dog days of summer bring hot, dry weather, but they also bring the peak of the West Nile virus season in Lake County.

The Lake County Health Department/Community Health Center is urging residents to prevent West Nile virus by protecting themselves from mosquito bites.

"Late July through September has traditionally been the peak of the West Nile virus season, when people are at their highest risk of contracting the virus through the bite of an infected mosquito," said Dale Galassie, the health department's executive director. "Residents should continue to be vigilant about protecting themselves and their families from mosquito bites."

The West Nile virus is contracted from the bite of a mosquito infected with the virus.

While most people infected with the virus have no symptoms of illness, some might become ill with headache, high fever, muscle weakness and sometimes a skin rash.

These symptoms usually appear three to 15 days after the bite of an infected mosquito.

The virus might occasionally cause serious complications.

-Local reports

**Credit union employees set to be heroes**

When their boss says "Jump!" these employees really do ask "How High?" That's because they're members of the Community Trust Credit Union (CTCU) Super Hero Parade Brigade - the group representing the credit union on Aug. 12 in the annual Gurnee Days Parade.

The group has been working on their parade entry for weeks and is looking forward to the big day.

"Super Heroes" is, coincidentally, the theme of this year's Gurnee Days Parade.

"More often than not, I need to maintain my mild-mannered alter-ego but, on-parade day, I can be me," said Tom Stroner, Operations Manager at Community Trust's main branch at 1313 Skokie Highway in Gurnee.

"We're looking forward to leaping things in single bounds, upholding justice, and tossing candy to the citizens along the route," he added.

Other members of the CTCU Parade Brigade include Liz Camarda, Kara Orlando, and Aggie Panzarino. These and other Community Trust staff members will meet and greet parade goers along the 5-mile parade route that steps off at Old Grand Avenue and Greenleaf Avenue and continues west on Old Grand Avenue finishing at the Grade School.

See CTCU.org/Superhero for more information about Community Trust and the annual Gurnee Days Parade.

-Local reports



John S.  
Matijevich

**>> SeeingItThrough**

The future of newspapers has been threatened before by the likes of radio and TV, but still they have survived. However, with the new kid on the block, the Internet, becoming more popular columnist John Matijevich thinks newspapers need to survive the craze to guide people in the right direction.

PAGE 11A

**>> SnapShot**
**This week's question**

"Do you think the general assembly will pass the budget before school starts later this month?"

ANSWERS ON PAGE 11A

**>> PartyLines**
**No more dumping in our lake**

State Sen. Susan Garrett, D-Lake Forest has teamed with State Sen. John Millner, R-Carol Stream, to stop British Petroleum from dumping more amounts of ammonia in Lake Michigan.

PAGE 11A

**>> OurView**
**Gonzales must open up**

Attorney General Alberto Gonzales has evaded Congress long enough.

PAGE 11A

**>> SketchView**

**Splashing for a cause**


More than 1,500 athletes competed in the McDonald's Harbor Lights Triathlon July 22 in Waukegan. This year's triathlon consisted of a 13.2-mile bike race, a 4-mile run, and an 800-yard swim.

Annie Christie - achristie@nwnews.com

&gt;&gt; HospitalDebate

# The countdown begins for Vista Health, Advocate

Healthcare groups await planning board's decision

By TARA CLIFTON  
tclifton@nwnewsgroup.com  
and HELEN MANSFIELD  
hmansfield@nwnewsgroup.com

CHICAGO — Vista Health System and Advocate Health Care will compete in the same arena during the Illinois Health Facilities Planning Board (IHFPB) Aug. 28 and 29 meeting in Chicago.

Both organizations are vying for approval to build a hospital in northwestern Lake County. Because the close proximity of the proposed hospitals it is unlikely that the board will give the OK for both proposals.

On Tuesday, July 24, the first day of the board's two-day meeting, Vista officials were granted an extra month to gather information the board said it needs to make a decision regarding Vista's plans to build a hospital in Lindenhurst.

A small contingent of Advocate Health Care staff attended last week's IHFPB hearing strictly to observe the process.

"We really went to witness the board's reaction to Vista's public hearing, more so to really get an understanding of how the board perceives need in the northwest Lake County region," said Jackie Bailis, director of communication for Advocate Health Care.

"The rules that they are operating under ... many folks believe the rules need to be revised" Bailis said.

She adds that the criticisms of Vista's application by the IHFPB shows that they will be committed to the existing rules, "and will not be making any decisions based on how we expect the rules to be revised in the near future."

## Vista

- Vista Lindenhurst would be a 215,000-square-foot, 140-bed medical center with 21 emergency room beds, five operating rooms, a catheterization lab and full radiology services.
- The building would be a three-story, triangular-shaped facility.
- Vista Lindenhurst also would house physicians nearby in a 60,000-square-foot medical office building.
- The proposed location of Vista Lindenhurst is near Grand Avenue and Deep Lake Road in Lindenhurst, the site of Vista's current Surgery Center.

The planning board told Vista leaders that it needed more information about transportation and how many beds the proposed hospital will have, said Adam Beeson, spokesman for Vista.

Both Beeson and Barbara Martin, Vista president and CEO, viewed the deferment as a good thing.

"Clearly the board recognizes the merit of our application, but must be able to apply our project to their stringent guidelines," Martin said in a statement.

Until the next meeting, the board will do research of its own, Beeson said, considering making a new system for calculating hospital bed counts.

Right now, Lake County has more than 400 licensed beds, more than what the state thinks should be used for the county's population, Beeson said. Vista argues that residents in the northwestern portion of the county have difficulty reaching the hospitals. Also, some beds that are licensed are not open to all

## Advocate

- Advocate's plan is for 144 single hospital rooms, and includes a Level II Trauma Center.
- The facility would be built on 57 acres at Route 120 and Wilson Road in Round Lake, with a overall cost estimated at \$239 million.
- The hospital will have 108 medical-surgical beds, a 16-bed intensive care unit and 20 obstetrical beds. The obstetrical service would include six labor/delivery-recovery rooms and a Level II newborn nursery.
- The hospital is designed to include a Level II Trauma Center, providing immediate access to emergency services, 24 hours a day, seven days a week for seriously injured patients.

patients such as hospitals that treat only cancer patients.

Beeson said that the board is revising its licensed bed formula for the entire state.

Vista also needs to prove to the board that people in northwestern Lake County cannot easily drive to surrounding hospitals, Beeson said.

According to a board assessment issued last week, about 15 hospitals are within 45 minutes from the Lindenhurst site, which deems a hospital unnecessary based on board guidelines.

But the board did not take into account traffic congestion, Beeson said.

Officials feel confident they can prove the need for a Lindenhurst hospital, Beeson said.

"All in all, we really feel this is a positive," Beeson said of the deferment. "We need to dot all the I's and cross all the T's with them."

## Something you can sink your teeth into

Food draws many to the fair

By TARA CLIFTON  
tclifton@nwnewsgroup.com

GRAYSLAKE — People had tons of activities to choose from at this year's Lake County Fair. They can ride the Ferris wheel, knock a fake gopher on its head, pet goats and pigs, and even take a look at full-grown and baby bears.

But probably one of the most beloved activities can't fully qualify as an actual activity: eating. Fairs have its fair share of greasy, sugary, spicy junk food.

Take the pie eating contest. On the third day of the fair, nine people dunked their faces into apple pie halves and maulled them, gagging and heaving along the way. Even the fair queens got their faces messy.

But the fastest, and messiest, of them all was 14-year-old April Barroso, of Round Lake Beach. This is the third year in a row she won the contest, she said.

And her secret:

"Dig your face into it," Barroso said.

Barroso looked like she could have easily choked. She inhaled just as much pie as she ate.

"It was a lot," Barroso said. "Enough so that if I sneezed, it would go all over the place."

For her efforts, Barroso received a medal.

Down the way from the pie-eating station sat booths containing nearly every kind of junk

food you could think of: candied apples, popcorn, corn dogs, elephant ears, funnel cakes, cotton candy, roast pork on a hoagie bun and more.



Twelve-year-olds Jenna Ivers (left) and Chelsea Barker, both of Gurnee, bite into their corn dogs while walking the Lake County Fair in Grayslake.

Andre Raymond, who worked one of the funnel cake booths, explained the mysterious relationship between the similar-looking funnel cake and elephant ear.

It's all about the batter, Raymond said. Funnel cakes are made with cake flour, no yeast. Elephant ears are basically fried dough containing yeast. And of course the toppings vary. Powdered sugar and cherries are popular.

Raymond said he loves the junk food at fairs, and dismisses the fact that the fair is unhealthy.

"Doctors, they die young, like at 57," Raymond said, with a laugh. "Carnies live forever."



Nineteen-year-old Nikki Petersen, of Libertyville, relaxes with one of her steers in the beef barn of the Lake County Fair. This is Petersen's last year as a 4-H'er.

Sandy Bressner - sbressner@nwnewsgroup.com

## 4-H tradition lives on at fair

Kids learn about more than just animals at club

By STEVE PETERSON  
speterson@nwnewsgroup.com

GRAYSLAKE — "City folks" from Cook County get a chance to participate in some country living each year at the Lake County Fair.

The Glenview Clovers 4-H Club members showed off its cattle and won awards at the first day of the fair, courtesy of University of Illinois Lake County Extension, backers of the 4-H clubs in Lake County.

"They do chores and take care of the animals at Wagner Farm," said Julie Tracy, whose son John won awards for best of breed and junior showmanship. "We have been doing it for five years and showing dairy for three. It is such a nice group."

As the contestants dressed in white showed their animals, Tracy explained that it is the people who are being judged on their presentation. Sometimes judges will ask contestants to switch animals or if the members are older, ask them more difficult questions about the cattle.

"It is nice that they give

these kids an opportunity, particular here," Price said.

Price knows the value of growing up on a farm. He was raised on a farm of 2,000 acres in southwest Iowa.

"Our kids are so excited to be part of this," Tracy said. "We started small the first year, with chickens and sheep, then moved to dairy. We've got seven sheep, two market hogs, and four dairy. Two of our members take care of cattle at Golden Oaks Farm in Wauconda."

Beth Bradley, leader of the Millburn Clovers 4-H Club, also understands how important these events can be for kids.

"The kids benefit a great deal from 4-H," she said. "They learn public speaking, confidence, and that can help them later in life."

There also is community service involved with 4-H. Millburn's projects include flower beautification at North Chicago Veterans Administration Medical Center; "sunshine boxes" twice a year for elderly and shut-in residents; bingo at the VA in February; and a Public Action to Deliver Shelter, dinner in December.

"We fared well in pre-judging of the fair competitions, in public speaking and rocketry," Bradley said.

The history of 4-H clubs also is nothing to overlook.

"Some clubs come and go, but some have been here forever," said Kay Doll of University of Illinois Extension.

Jane Keroson has been an adult leader in 4-H for 32 years, and leads the Lake Villa-based Guys & Gals club.

"It varies. We have had as many as 25, but about five members the last couple of years," Keroson said. "They do enjoy it. It is helpful for them as they go onto college and their careers. It's nice knowing you helped make an impact."

The club helps staff the 4-H pop stand at the fair.

Keroson also is active as secretary of the Extension Foundation, a fundraising group.

Nancy Huntington, a leader with Alpine Club 4-H has been attending the 4-H building at the Fair for more than a decade now.

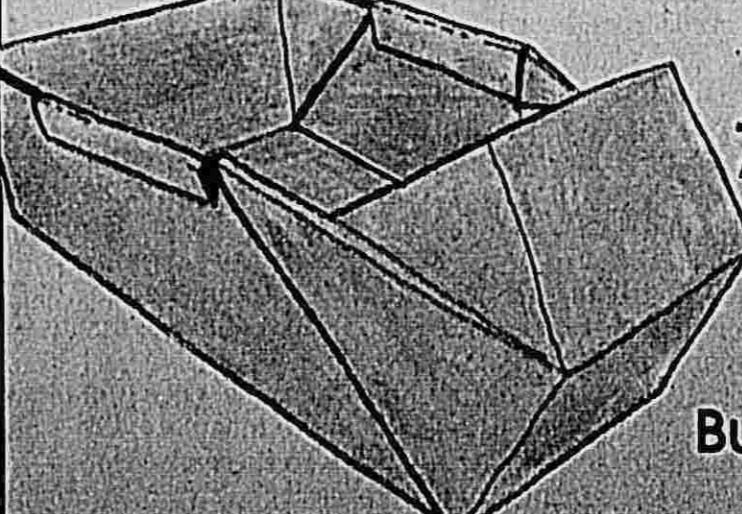
"This is my 16th year as a leader," she said. "We did well this year, in visual arts, in landscape and clay."

"I have two kids who were in 4-H. Both have successful careers now ... I am very proud of them. It teaches you to take a goal and to follow through with it, learning life-long skills."

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# home & garden style

## Weekend painting projects made easy

Outdoor painting projects can be intimidating. But now that the weather is warm, why not take them head on? In fact, with the right tools and planning, you could complete a project in just one weekend.

Here are some examples to get you started, so you can paint quickly and easily, leaving you the rest of your weekend to enjoy your yard.

### Project 1: Painting outdoor furniture

Patio and lawn furniture are frequently used during the warmer months, but over time, these pieces show wear and tear. Wicker and wood furniture become faded and iron and metal start to rust. A new coat of paint will make them look like new.

**Step 1** - Prepare the surface with steel wool or sandpaper to remove any rust. Try using an electronic paint remover to save a lot of time and frustration. It removes paint from all sorts of surfaces easily and in much less time than by hand.

**Step 2** - The first coat of paint should be a metal or wood primer. This prepares the surface for the next coats of paint and helps the paint job last much longer.

**Step 3** - Apply paint. Use paint specified for outdoor use because it is formulated to last longer under a harsher environment. Any chips or scratches can be immediately touched up without having to do an entire paint job again.

### Project 2:

#### Doors, shutters and trim

You can spruce up the look of your entire home and add to its curb appeal simply by giving the doors, shutters and trim a fresh coat of paint. Maybe the current color is faded and a new coat will brighten the look. Maybe you want to try a new look without repainting the whole house. This easy weekend project can bring big visual results.

**Step 1** - Decide the areas you want to focus on. Most of these surfaces will be wood, although some doors are metal. Use sandpaper or an

electric paint remover to remove any paint and ensure a clean surface.

**Step 2** - Tape areas that border spaces you do not plan to paint. Apply primer to ensure the longevity of the paint job. One coat of primer should be adequate, let dry overnight.

**Step 3** - After choosing paint that is made for outdoors, begin to apply coats. For trim and other small areas, use a small paintbrush for all the hard-to-reach areas and wood grooves. For large items, such as the door, consider using an electric paint sprayer.

### Project 3:

#### Kids play sets and toys

Kids love to be outside. Many parents have a play set or toys in the yard for their children. Wear and tear from the kids and weather can take their toll, but with a new coat of paint, stain or sealer, these items don't have to be an eyesore.

**Step 1** - Use sandpaper, steel wool or an electric paint

remover to sand down metal or wood to reveal the surface material.

**Step 2** - Try having your child come with you to the store to pick out paint, stain or sealer for the new look of their play set.

Remember to choose a heavy duty paint that can stand up to children's play and various types of weather.

**Step 3** - Use an electric paint sprayer to spray paint the whole play set fast, getting to all those hard-to-reach areas easier than with a brush.

These simple weekend outdoor paint projects will make your house and yard look brand new. While you're at it, why not repaint accessories like the mailbox, bird feeder and flower planters?

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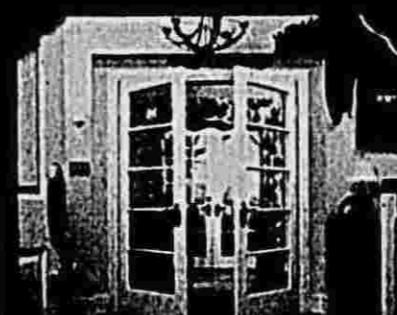
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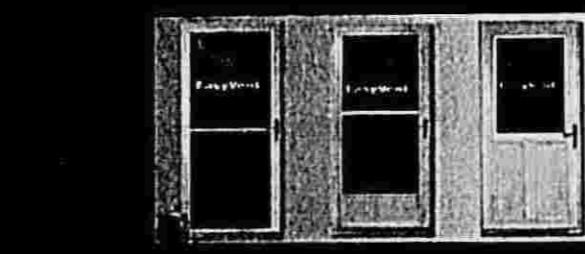
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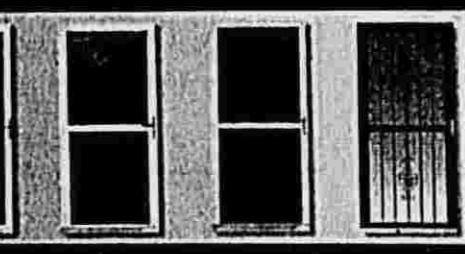
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## OBITUARIES

## ROSEBUD C. SUNICH

**Born:** May 5, 1927  
**Died:** July 21, 2007  
*Loved to travel with her husband and family, and enjoyed the Big Band era*

ANTIOCH - Rosebud C. Sunich, age 80, of Antioch, formerly of Aurora, Wis., passed away in her sleep on the morning of Saturday, July 21, 2007, at the Victory Lakes Continuing Care Center in Lindenhurst. She was born May 5, 1927, in Aurora, Wis., to the late Herbert and Marie (Schneider) Smith. Rosebud specialized as a nurse, in surgery. Rosebud married Frank M. Sunich at the Sacred Heart Catholic Church in Aurora, Wis., on March 17, 1951. She continued her nursing career as the supervisor of the 4-West Surgical Wing of Victory Memorial Hospital in Waukegan. Later she became the supervisor of the Surgical Wing for the Northern Illinois

Medical Center in McHenry. Rosebud is survived by her son, Phillip (Patricia) Sunich of Bristol, Wis.; two adopted sisters, Marle (Dennis) Ahern of Menominee, Mich., and JoAnn (Ronald) Erickson of Spread Eagle, Wis.; three grandchildren; and five great-granddaughters. She is preceded in death by her husband, Frank in May, 1979.

Friends and acquaintances called on July 28, from 2 to 3 p.m., at the Erickson-Rochon & Nash Funeral Home in Iron Mountain, Mich. The funeral was held at 3 p.m., July 28 at the funeral home with Fr. Daniel Zaloga officiating. Burial was in Cemetery Park. Condolences to the family of Rosebud C. Sunich can be expressed online at: [www.emashfuneralhomes.com](http://www.emashfuneralhomes.com). The family has entrusted the Erickson-Rochon & Nash Funeral Home of Iron Mountain, Mich., with the funeral arrangements.

Please also sign the Guest Book at [www.LakeCountyJournals.com/obits](http://www.LakeCountyJournals.com/obits).

## JULIA M. SIMA

**Born:** Feb. 2, 1926  
**Died:** July 26, 2007  
*Was an avid bingo player*

ROUND LAKE - Julia M. Sima, age 81 of Round Lake, died Thursday, July 26, 2007 at Condell Medical Center in Libertyville. Born Feb. 2, 1926 in Brescia, Italy, Julia was the daughter of the late Louis and Maria Braga. She was an avid bingo player and cherished her bingo pals.

Survivors include her husband of 59 years, Raymond Sima, whom she met while he was stationed in Italy during his Army service; her sons, Alan Sima of Round Lake and Glenn Sima of Round Lake; and her many nieces and nephews

stateside as well as in Italy. Her aforementioned parents and 10 brothers and sisters precede her in death.

The funeral was held at 7 p.m., July 29 at the Strang Funeral Chapel & Crematorium, in Grayslake. Friends of the family visited from 4 p.m., until the time of service at the funeral chapel. In lieu of flowers, memorial contributions may be made to St. Joseph Catholic Church, 114 N Lincoln Ave, Round Lake, IL 60073. Please sign the Guest Book at [www.LakeCountyJournals.com/obits](http://www.LakeCountyJournals.com/obits).

## AVIS B. HATCH

**Born:** Nov. 20, 1926  
**Died:** July 22, 2007  
*A former resident of Round Lake*

LIBERTYVILLE - Avis B. Hatch, age 80, of Libertyville, passed away Sunday, July 22, 2007 at the Condell Medical Center in Libertyville. She was born Nov. 20, 1926 in Montgomery, Vt., was a former resident of Round Lake, retiring to Cotter, Ark. and Quartzite, Ariz.

Surviving are three children, Wes (Lesley) Hatch of Wauwatosa, Wis., Judy (Nick) Tomis of Morris, and Andra Vitellaro of Lake Villa; five grandchildren; six great-grandchildren; and her brother, Ling Benoit of Waterbury, Conn. She was preceded in death by her husband, Robert L. Hatch in 1987, and by a special friend, Gene Frahm in 2007.

Services were held on July 24 from the Burnett-Dane Funeral Home in Libertyville. Interment was at Abraham Lincoln National Cemetery in Elwood. Please sign the Guest Book at [www.LakeCountyJournals.com/obits](http://www.LakeCountyJournals.com/obits).

## JOHN POLAND

**Born:** June 16, 1931  
**Died:** July 25, 2007  
*Enjoyed watching Western movies, was a White Sox and a Bears fan*

ROUND LAKE - John Poland, age 76 of Round Lake, formerly of Lindenhurst, passed away Wednesday, July 25, 2007, at Condell Medical Center, in Libertyville, after an extended illness.

He was born June 16, 1931 in Chicago, the son of the late Martin and Marie (Florence) Poland. He served in the U.S. Navy during the Korean War. John was a member of Prince of Peace Church of Lake Villa and the Teamsters Union Local 101 of Chicago. Until his retirement he worked as a truck driver and mechanic. He enjoyed watching Western movies and was a White Sox and Chicago Bears fan. On March 31, 1951 he married Helen Wegrzynowski in Chicago and she preceded him in death on Feb. 29, 1996.

Survivors are five sons, John (Diana) of Antioch, Charles (Sharon) of North Pole, Alaska; George (Denise) of Whitesburg, Ga., Matthew (Audrey) of Spring Grove, and Joseph (Life Partner Chris Syrowiec) of Round Lake Beach; five daughters, Victoria (Randy) Moore of Round Lake Beach, Marie (William) Klinesmith of Lindenhurst, Frances (Robert) Peterson of Machesney Park, JoAnn (Craig) Poland of Kenosha, Wis., and Agnes (Keith) Abbott of Fox Lake; 14 grandchildren and 12 great-grandchildren.

Funeral services with Mass of Christian Burial were at 10 a.m., July 30, at Prince of Peace Church, in Lake Villa. Interment was in Millburn Cemetery, at Old Mill Creek. Visitation was from 2 to 5 p.m., July 29, at the Strang Funeral Home of Antioch, in Antioch. Please sign our guest book for John at

7600 Main Street, Antioch, IL 60002 (847) 395-4000.

For current Obituaries visit our website at [www.strangfh.com](http://www.strangfh.com)

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## RODRIGUEZ in Bensenville.

Marilyn was a resident of the Round Lake area for over 35 years. She worked in the Round Lake School District Unit 116 as a secretary in Special Services for over 15 years. She was a Den Mother for the Cub Scouts and a coach for the Avon Girls Softball League. Marilyn was a doting grandmother and an avid reader.

Survivors include her husband, John of 35 years; two children, Clint (Ana) Rodriguez of Antioch and Amanda Rodriguez of Round Lake; two grandchildren, Antonio and Zamora; her mother, Lillian of Marengo; and a sister, Diane (Tom) Kearney of Marengo. She was preceded in death by her father.

Visitation will be from noon until the 2 p.m. Celebration of Life Service on Saturday, Aug. 4, at Justen's Round Lake Funeral Home, 222 N. Rosedale Court, in Round Lake. The Rev. Lisle Kauffman will officiate.

Memorials to PanCAN, 2141 Rosecrans Ave., Suite 7000, El Segundo, CA 90245, would be appreciated by the family. Online condolences may be sent to the family at [www.Justenfh.com](http://www.Justenfh.com). Please also sign the Guest Book at [www.LakeCountyJournals.com/obits](http://www.LakeCountyJournals.com/obits).

## JAMES E. RAMSAY

**Born:** April 5, 1945  
**Died:** July 29, 2007  
*Had been a heavy equipment operator*

LIBERTYVILLE - James E. Ramsay, age 62 of Libertyville, passed away Sunday, July 29, 2007 at Rush University Medical Center in Chicago. He was born April 5, 1945 in Evanston. Jim was a 1963 graduate of Notre Dame High School in Niles and had been a heavy equipment operator and member of Union Local 150, for many years.

Surviving are his wife of 38 years, Carlene Ramsay; and daughter, Dana Ramsay (Robert Stern) of Libertyville; and two brothers. He was preceded in death by his son, Douglas on Feb. 12, 1987.

Visitation was from 11 a.m. until the time of services at 1 p.m. on Aug. 1, at the Burnett-Dane Funeral Home, in Libertyville. Interment followed at Ascension Cemetery. Memorial contributions can be made to the Paramedic Unit of the Libertyville Fire Dept. Please sign the Guest Book at [www.LakeCountyJournals.com/obits](http://www.LakeCountyJournals.com/obits).

## GEORGE F. SLADEK

**Born:** April 5, 1923  
**Died:** July 25, 2007  
*Cherished grandfather and great-grandfather*

GENOA - George F. Sladek, age 84, of Genoa, died July 25, 2007 at St. Anthony Medical Center in Rockford. Born on April 5, 1923.

Beloved husband of Mary; loving father of Dr. Gary (Sheila); cherished grandfather of Paul (Megan) and Jennifer (Andrew) Rosato; great-grandfather of Charlotte.

The funeral will be at 11 a.m. on Saturday, Aug. 4, at Prince of Peace Catholic Church, 135 S. Milwaukee Ave., in Lake Villa, for an 11 a.m. funeral Mass. Interment will be at Woodlawn Cemetery, in Forest Park. Visitation will be on Saturday, Aug. 4, at the church, from 10 a.m. until the time of service at 11 a.m. Funeral arrangements were handled by Ringa Funeral Home, in Lake Villa. Please sign the Guest Book at [www.LakeCountyJournals.com/obits](http://www.LakeCountyJournals.com/obits).



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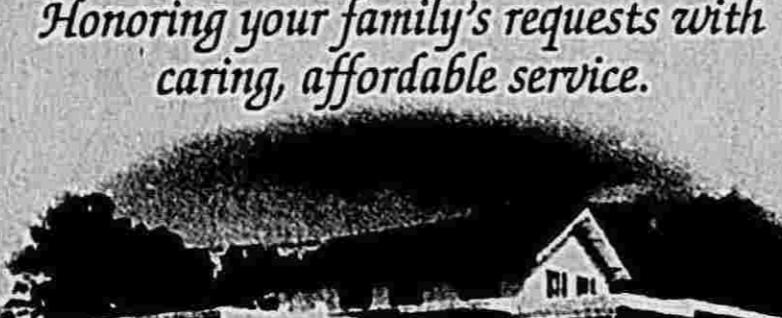
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>> OurView

## Gonzales' time to answer has come

It is time for Attorney General Alberto Gonzales to step down.

Gonzales' continuing inability to answer questions posed by Congress accurately and truthfully has destroyed his credibility.

Calls for a special counsel to investigate Gonzales for perjury are, unfortunately, justified. Gonzales has become a weight around the neck of President Bush at a time when Bush can ill afford a political liability. Bush has enough problems without an attorney general who seemingly cannot give a straight answer to basic questions.

The attorney general's latest gaffe involved a question about a meeting in 2004 with Congressional leaders and Gonzales' subsequent hospital visit to then-Attorney General John Ashcroft. Gonzales testified that the meeting was not prompted by the Bush administration's program to monitor communications with terror suspects overseas without warrants.

But a 2006 memo about a terrorist surveillance program that was provided to Congress by former National Intelligence Director John Negroponte appears to contradict Gonzales' testimony.

Worse, however, was the May testimony from Ashcroft's Deputy

Attorney General, James Comey. Comey was running the Justice department while Ashcroft was in the hospital and he and Ashcroft had discussed and determined that the surveillance program should not be authorized.

However, when Comey rejected the surveillance program, the administration, according to Comey, did not take no for an answer. Instead, Gonzales and White House Chief of Staff Andrew Card went to the hospital in the hopes of taking advantage of an ill Ashcroft. Despite Ashcroft's weakened condition, he still refused to go along with the program.

Ashcroft can hardly be described as a liberal. Certainly if he had concerns about the surveillance program the Bush administration should have heeded those concerns. They did not. Instead, they apparently tried to slip the program past Ashcroft while he still was recovering from surgery.

And, on top of all of this, when Gonzales is asked about these matters he is unable to come clean. All of this comes after Gonzales' problematic testimony involving the removal of nine U.S. Attorneys.

It is time for a change in the Justice Department.

>> PartyLines

## Garret takes on BP

State Sen. Susan Garrett, D-Lake Forest, has partnered with State Sen. John J. Millner, R-Carol Stream, in introducing a legislative measure aimed at preventing increased pollution entering Lake Michigan.

Garrett and Millner have



Susan Garrett  
Democratic State  
Sen. from Lake  
Forest

other unnatural materials. The resolution was filed July 19 in the Illinois Senate.

Seals slams Kirk

Dan Seals criticized U.S. Rep. Mark Kirk, R-Highland Park, in a recent release for his vote against the Responsible Redeployment from Iraq Act of 2007, which passed the U.S. House of Representatives recently by a vote of 223-201.

"I am disappointed in Congressman Kirk's continued support for the war," Seals said in a statement. "He has remained within the president's inner circle and continues to support his position, despite evidence that our current strategy in Iraq is not working."

"I am the only candidate who has opposed the war from the start and the only one who unequivocally supports a responsible timeline for withdraw."

Seals plans to challenge Kirk for his Congressional seat in 2008.

Celebrating smoke-free

Leaders in the smoke-free Chicago and smoke-free Cook County movement were delighted when Gov. Rod Blagojevich signed legislation July 23 making Illinois the latest state to prohibit smoking in virtually all public places.

Marking the occasion were Joel Africk, CEO, Respiratory Health Association of Metropolitan Chicago, and State Sen. Michael Bond, D-Grayslake, supporter of the legislation.

Respiratory Health Association played a key role in the city, county and state campaigns. The statewide law, which bans smoking in virtually all public and workplaces, goes into effect Jan. 1, 2008.

"It's outrageous that BP believes they are justified in polluting Lake Michigan by hiding behind the technicalities of the law," Garrett said. "As Illinois legislators we will be doing everything possible to stop this egregious dumping from taking place."

The resolution, Senate Resolution 299, which can be read online at [www.ilga.gov](http://www.ilga.gov), explains the Senators' opposition to the Whiting, Indiana BP plant's plans to increase the discharge of ammonia into Lake Michigan by 54 percent and the discharge of sludge by 35 percent. Ammonia has been shown to promote algae blooms, which kill fish. The sludge deposited in the lake is comprised of concentrated heavy metals, among

>> SnapShot

"Do you think the general assembly will pass the budget before school starts later this month?



"No, [the general assembly] are too busy doing other things."

Milica Pesakovic  
Third Lake



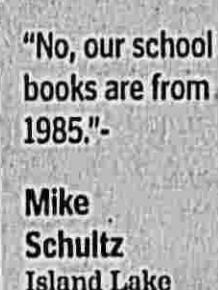
"No, they have more important things to do."

Kilee  
Hoss  
Johnsburg



"Probably not, they don't care that much."

Jordan  
Lundsten  
Wauconda



"No, our school books are from 1985."

Mike  
Schultz  
Island Lake

>> First Amendment

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or of the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

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Lake County's laughing stock

To the Editor:

As somebody who does not live in the village of Antioch, I wanted to say how sorry I feel for the citizens of Antioch.

In the past, Antioch always seemed to be a community with a no-nonsense government that avoided the circus atmosphere and silliness found in some communities.

But something has changed with the election of new village trustees in Antioch.

These new trustees have brought new embarrassing infighting, political games, and bickering to Antioch. Now, Antioch is the talk of Lake County, and the citizens of Antioch should be embarrassed.

The new village trustees seem to be playing politics with one of the village trustees on the other side of the aisle. This trustee on the other side seems to have done nothing wrong, other than disagree with the new trustees, while owning a business in town.

So here is where the games begin.

The new village trustees have decided to take away the liquor license of the trustee with whom they disagree based upon a technicality. There has been no allegation that the independent trustee did anything wrong, or that he operated his business in a way that hurt the community. The move against the liquor license seems to be based on pure political retaliation.

It seems so wrong. And from the press reports, the village trustee meetings have made Antioch the laughing stock of Lake County.

I read bad news in this newspaper every day. I am glad that at least we have some comic relief in the antics of the new trustees in Antioch. Only, I bet the people of Antioch are not laughing.

Dorothy Furman  
Antioch Township

Collision course

To the Editor:

Like cash-strapped parents faced with finding new income sources or trimming household spending to pay college tuition for their children, our state lawmakers face tough choices about foot-

Letters to the editor

We welcome original letters on public issues. Letters must include the author's full name, address and day and evening telephone numbers.

Keep letters short; no more than 300 words.

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ing the bill for Illinois' future-transportation needs.

The needs are many.

Congestion is on the rise. The Federal Highway Administration expects car miles of travel to increase by another 42 percent between 2003 and 2020, while new highway lanes will only increase by 3 percent. The costs for maintaining this transportation system are far outstripping revenue and Illinois' roads and bridges are in desperate need of repair.

We're on a collision course.

In Illinois we have the potent combination of a growing population, strong economy, increasing congestion, overdue

transportation system maintenance, but a reluctance to boost transportation investment dollars.

As the nation's oldest and largest organization dedicated to the motorizing public, we urge our state government to invest in Illinois' roads, bridges, transit systems, railways and airports.

Transportation is the backbone of our economy; it's now up to our state government to ensure we have the system needed to maintain economic viability and our lifestyle.

Brad Roeber  
Regional President  
AAA Chicago  
Aurora

>> SeeingItThrough

## Newspapers must survive Internet rage

Recently, I spoke to the Victory Lakes Mens Club in Lindenhurst for a breakfast gathering.

Before the breakfast, I had a warm re-visit with Harry Spears, who came to the News-Sun in 1967, the same year that I started in the legislature. He became circulation manager and still loves, respects, and has concerns about the newspaper industry.

Spears and I reminisced about the many changes in newspapers. We relished the days when newspapers were primarily a family business and strongly committed to communities.

My youth and early manhood were the heyday of newspapers. Metropolitan areas prospered with at least two morning newspapers and an afternoon newspaper, and some offered an evening edition. There was always considerable news that was fit to print.

In those days, television was nonexistent and radio had just blossomed to compete with the print domination of everyday news. In spite of the competition, newspapers continued to flourish.

Then, in the late 1940's, along came TV. At first many couldn't afford to buy TV sets, so they went to public places, like bars, to watch

their favorite programs such as the Friday night fights. But, it didn't take long and television invaded every home.

With the ability to produce news as it happened, television had a serious impact on newspapers. The newspapers, which promoted its early editions with "EXTRA! EXTRA! READ ALL ABOUT IT!" headlines, took a back seat as television brought instant headlines to every home.

It became natural that many newspapers had to fold their operations. Sadly, many of those were the family operated ones, the ones with a direct link to communities.

It wasn't long that there were predictions that TV would "do-in" the newspaper business altogether. Paraphrasing Mark Twain, "reports of the death of the newspaper business had been grossly exaggerated."

Yes, newspapers survived the challenge of television. But now,

they face an even stiffer challenge. Some again predict the demise of newspapers from the new kid on the block - the Internet.

This information superhighway has so much to offer its users. But, there are pitfalls, too. I like to call it garbage in, garbage out. If you're looking for garbage, you'll find it.

I think that newspapers will again survive the challenge. If anything, we need the newspapers as much as we ever did. The newspapers have been the guiding light for the people's right to know, for the access to public information, for open public meetings, and for being a strong check against abuses of power and public corruption.

The Internet makes everyone an instant reporter. That is fraught with danger. Newspaper reporting is a profession and those in it are aware of their responsibilities in that profession.

I strongly think newspapers must prevail. There is one caveat: If too many newspapers fall into the hands of the very few, the public good will be seriously compromised.

• John S. Matijevich writes a weekly column for the Lake County Journals.



John S.  
Matijevich

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ave you thought about getting rid of your tile because the discolored grout makes it look dirty all the time? Is your tile still in great shape but your floors or showers look old because the grout is dirty, mildewed or stained? Have you tried every cleaner out there and none of them fix the problem? It's time to stop trying to clean away the problem.

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**IN THE  
Spotlight**

mildew to come out from inside your walls. No amount of cleaning will get rid of the mildew because you are treating the front of the tile, not the problem, which resides behind your tile. Disregarding these tell tale signs can result in costly water damage down the road. You'll need to re-caulk, re-grout and silicone-seal your tub or shower so that it looks brand new and is waterproof again. The silicone sealant also seals your tile, keeping water stains and soap scum from sticking to the walls after the treatment. This same sealant can also be used to seal your granite and marble countertops and floors.

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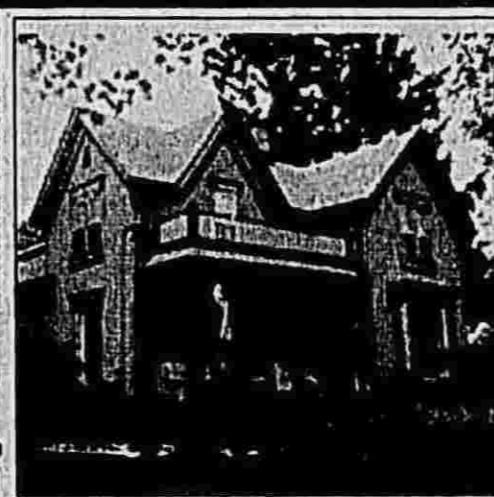
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Country music recording artist Joe Diffie and his band perform for sailors and their family members on Ross Field at Naval Station Great Lakes. Last Sunday's free concert included performances by country star Aaron Tippin. The performance was part of the Spirit of America Tour and sponsored by the base's Morale, Welfare and Recreation Office.



STILL TIME TO  
ENTER  
'CHICAGO'S  
FINEST PAINTED  
LADIES'  
CONTEST

Page C4

EASY, LOW-COST WAYS TO RENOVATE  
YOUR BATHROOM

Page C2

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# Easy, low-cost ways to renovate your bathroom



The bathroom is your sanctuary. After all, it's often the only place in the house that you can get an ounce of privacy. Who doesn't get their best thinking done either soaking in the tub, under the shower or on the throne?

After spending all that time in one room, you might start to get tired of the design and layout. Yet next to the kitchen, the bathroom is often the most costly room to renovate because of its plumbing, tile and electrical components. There are some things you can do to keep costs down (especially if you are not using a contractor) and still get your dream bathroom. Here are

some tips:

- **Keep things simple.** Make dramatic differences with minor alterations. Reconsider making drastic changes, like moving a sink or toilet, which would require plumbing reworking that can break your budget. A splash of color on the walls, new hardware on cabinets, or window treatments can give any room a whole new look at a more affordable price. Even something as basic as choosing a satin chrome drawer pull or knob in a cute shape of a tube of toothpaste can give a bit of character to your bathroom.
- **Go shopping.** If you have nixed making changes that

require plumbing, you can start on your projects from walls to light fixtures. Big retailers like Home Depot, Menards or Lowes buy in bulk, so they tend to have the best prices. You can also find bargains at architectural salvage warehouses, which you can find by searching online or through the Yellow Pages, say experts.

The first thing you have to do is pick a color scheme. If you're not changing the tiles or bathroom carpet, then pick something for the walls that matches or contrasts nicely with the floor, sink, toilet, tub/shower, etc. If you are changing the tiles too, then

you probably need to start from scratch. Glass tile, which is much more expensive, or detailed tiles that are hand painted are a creative way to make your bathroom stand out. Spanish or Italian tiles tend to have unique patterns but are often more expensive because they are of a higher quality and are imported.

When choosing paint for the walls, use the swatches provided to you at the store to get the exact shade of color you desire. Paint isn't your only option. Some bathrooms have tiled walls, or you could consider a wainscoting wall treatment for a more traditional and cleaner look. If you opt for wallpaper, know that paper is more vulnerable to moisture. It can peel or get mold stains more easily so it might need replacing over the years.

Give your bathroom a facelift by adding a new medicine cabinet, a towel rack, a swiveling toilet paper dispenser, a shower curtain, or a throw rug for outside of the shower. These are inexpensive and easy picker-uppers.

- **Prep the place.** Once you are ready to get started on the walls and your other projects, you have to prepare the bathroom for all of these changes. First, you must use some serious elbow grease. Moisture, soap residue, body oils, mold and other grime easily build up in the bathroom — even in the cleanest of homes. All of that must be removed from the walls (and the tub, toilet, sink, etc.). Soap down the walls, bleaching mold stains and sanding surfaces before applying a fresh coat of paint. If there's unwanted wallpaper on the wall, you must remove it and its glue before getting started. Make sure to cover up all drains and faucets with newspaper or plastic so that they are not stained by paint.

- **Be practical.** If you are going to get a new tub, sink or toilet, consider having a professional install them, unless you have plumbing experience. The same is true if you are planning to do electrical work in the bathroom, which is even more dangerous because of the lethal combination of water and electricity.

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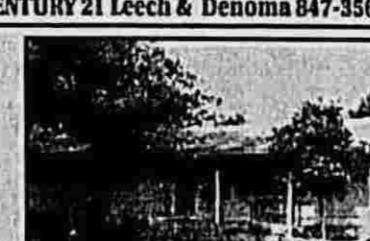
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**LOCATION LOCATION LOCATION**  
This great tri-level home is located adjacent to McDonald Woods, 1/2 block to park and is in desirable Millburn School Dist. Features include 3 BR 2 Baths, family room with FP, brick patio and more. (7105) \$224,000

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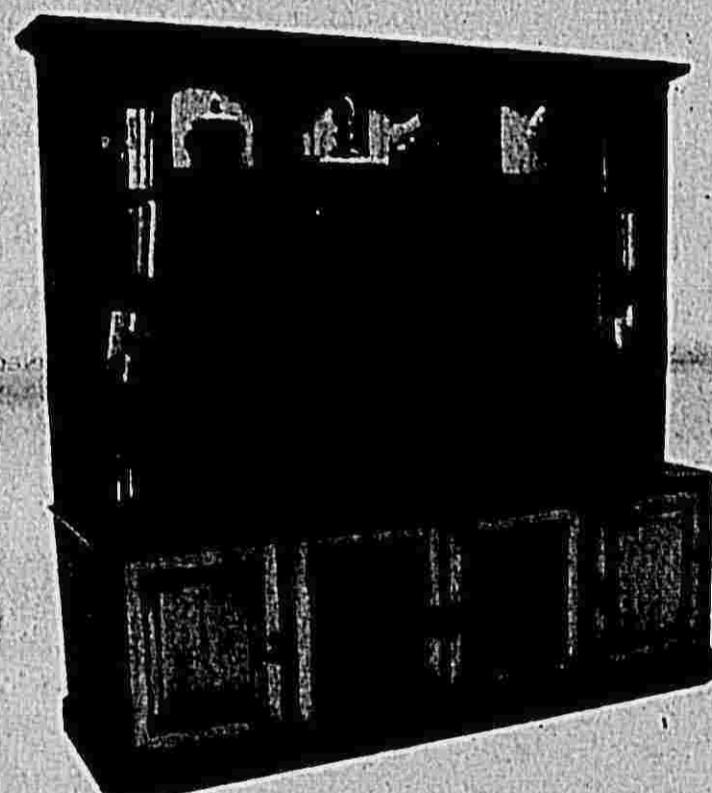
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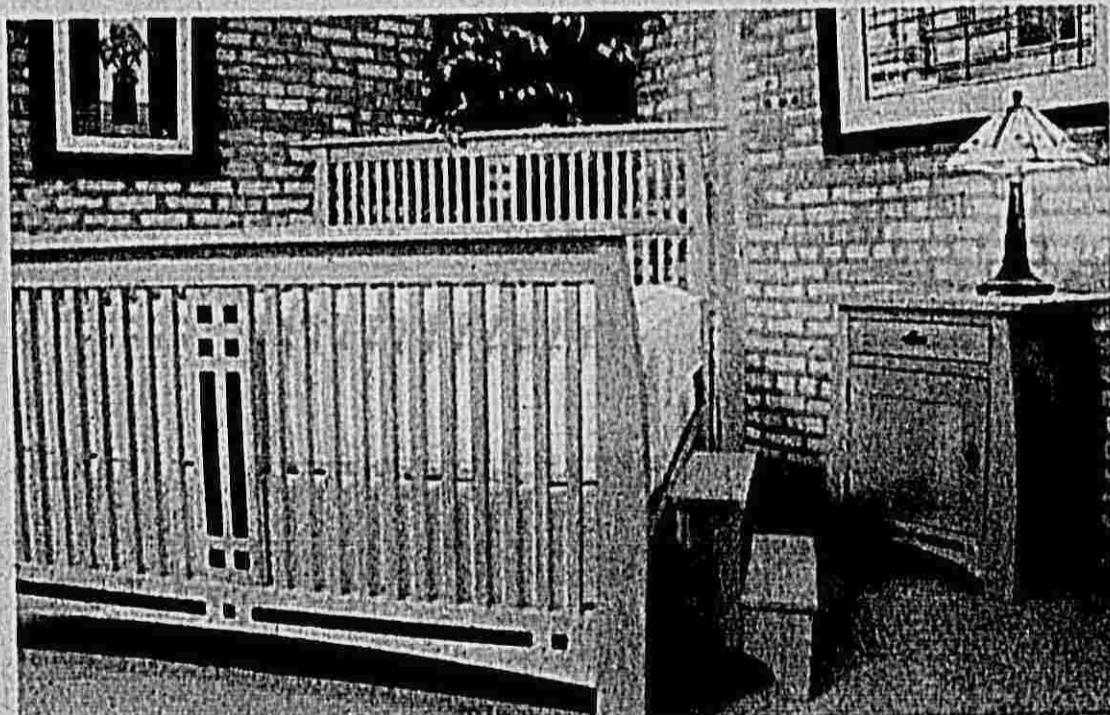
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# Tips for hiring a contractor

Whether you're restoring an old house, adding a room or two for a growing family or simply getting new storm windows, hiring a competent contractor is crucial for making your home-improvement venture a success. But before you hire one, it's a good idea to do your homework. That way, you can avoid the pitfalls — work left undone, bad communication, overpaying, and poor or incomplete work — that could arise if you're not cautious when you hire a contractor.

What a contractor does. A general contractor manages

and oversees all aspects of the project. He or she orders supplies and pays suppliers, gets building permits and schedules permit inspections and, depending on the size of the job, hires and supervises subcontractors such as plumbers or electricians. Sometimes the contractor provides architecture and design assistance as well.

Your search. The first step in finding a good contractor is to ask people you know — friends, neighbors, relatives and coworkers — for referrals. Other good places to ask for rec-

ommendations are lumberyards, realtors, the local Better Business Bureau or your local county or city building department that issues permits.

The next step is to call the contractor. You can get a feeling for the person on the phone and, if it goes well, set up an in-person meeting.

Whatever you do, don't rush the hiring process. Most people are in a hurry, and that's when they run into trouble. Take the time to interview at least three candidates, go to see their place of business, and look at the work they've done. Speak to

their clients and ask if they were happy with the job. Research your people. Just because there's a big ad in the yellow pages doesn't mean they're good.

Red flags. First impressions count, including how a person talks, acts and dresses. If they come in looking like the cat dragged them in, that's a bad sign. If they don't wipe their feet when they come to meet you, chances are they'll tramp through your house, forgetting they have mud all over their shoes. You want to hire a person who not only looks neat and clean but who drives a decent vehicle. Looking at the truck they drive will tell you something about what their standard is. Trucks should look good, be clean, and not drip oil.

Watch out for contractors who solicit door-to-door, ask for cash up front, want payment for the entire job in advance, try to pressure you into signing a contract using threats or intimidation, or encourage you to spend money on temporary repairs.

## QUESTIONS TO ASK A PROSPECTIVE CONTRACTOR

1. How long have you been in business? A well-established company usually has been in business for at least 5 years.

2. Are you licensed? Keep in mind that only 36 states require licensing, which ranges from a brief registration to an involved qualification process, so check with your state's licensing board or building department to see what the requirements are.

3. Do you have insurance? All contractors must have insurance in order to get permits. (Permits are necessary for even the most simple jobs, like decks.) If the contractor asks you to get the permits, it's possible that he or she is uninsured.

Hiring an uninsured contractor spells disaster. There's a huge risk that the work won't pass building inspections, and you could be held liable if someone gets hurt on the job or if your property is damaged.

4. Will subcontractors be used? If subcontractors will be used on your project, ask to meet them. Make sure they're licensed and insured, if required by your state.

The contract. All agreements — including oral promises — should be put in writing for your protection. Everything should be spelled out very well so that anyone could read through it and understand what's going on. Key points include the contractor's name, address, phone and license number, if required by your state; a detailed description of all items to be installed — the quality, quantity, size, color and brand names of stoves, appliances, tiles, and cabinets, for example; a three-day cancellation period clause, which is required by law; a work schedule with approximate start and completion dates; and a payment schedule.

As you can see, finding a good contractor takes some work, but is well worth the effort.

## Best bets for hardy house plants

Flowers and foliage can do wonders to transform the outer areas of the home. That is why many real estate professionals will tell you to renovate your landscape to improve curb appeal and promote a better chance for sale.

Just as plants can make for an inviting space outdoors, so, too, can they revitalize the inside of a home. House plants have several advantages. They can impart a cozy feel to a home, filling in bare areas of rooms where furniture or other furnishings would be too much. Plants are also good for the environment. They use the carbon dioxide people and animals respire and give off the oxygen we need. This makes them an environmentally friendly addition to the home and one that can help promote healthy indoor air. Plants can also be mood boosters. Caring

for them can be a relaxing hobby, one that offers a feeling of accomplishment.

House plants can be cultivated by just about anyone, even if they don't possess a green thumb. They're generally easy to care for; provided you begin with some of the harder varieties. Here are some to consider.

1. Philodendron: This plant is easily identified by its glossy, heart-shaped leaves. There are many different species and these plants are some of the most tolerant as house plants. Philodendrons grow naturally in tropical jungles and prefer medium light. Direct sunlight can scorch the leaves. Even if you forget about it for a few days, simply watering the plant can revive it.

2. Wandering Jew: This plant quickly produces a large amount of foliage. However, in

containers leaves tend to grow toward the end of the stems, creating a sparse look. The plant comes with dark or variegated leaves. It prefers shady areas.

3. Spider plant: Also known as the airplane plant, this is another easy-to-care-for variety. Spider plants prefer bright natural light, but will burn in direct sunlight. Keep the soil evenly moist, but not soggy. And if leaves tend to brown, it could be due to the water you use. Chemicals in municipal water supplies can damage the plant.

4. Ficus: This plant loves a filtered sunny spot, so place it in a bright area of the home, but not one that gets sunlight all day. Its leaves will fall off if left in the shade all the time or if it is overwatered. It also cares for high humidity, so mist the plant twice daily.

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Serving Lake & McHenry Counties  
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MLS



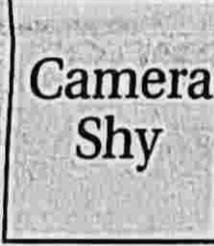
Mary Lynn Madsen

815-861-7070



Jan Atchison

847-587-2575 X87



Mary Draper

847-587-2575 X28

### OPEN HOUSE MANIA Sunday, August 5th, 1-4pm

Come to any one or all of these open houses & receive a chance to win \$300.

Fax your lender pre-qualification or pre-approval letter to 815-344-3904 to receive an additional chance.

Not pre-approved, call 1-866-256-1746 for a same day loan decision from Century 21 Mortgage and receive an additional chance.

Ask about our special free interest buy-down program available on some properties.

Yes, some of these sellers will assist buyers with closing costs & down payment assistance!



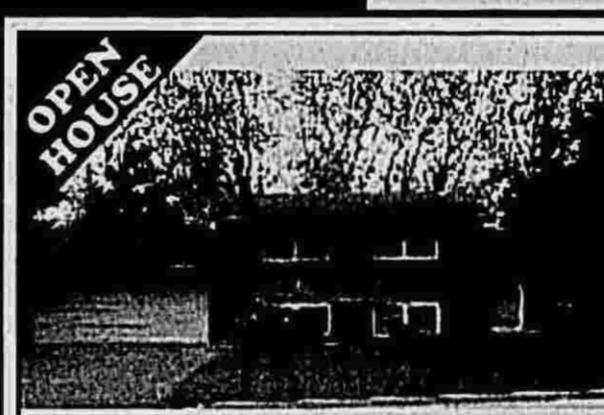
175 Willow Road, Ingleside  
Grand S to 59 Frontage S to Willow E.  
to #.

### MUST SEE INSIDE OF THIS HOME!

It's a fooler! Huge Master Suite with his/her closets & private deck, Nice open floor plan, light & bright with windows, skylights, 4 bedrooms, 2 baths. All appliances included.

**\$239,000**

Mary Lynn Madsen 815-861-7070



3009 Green Meadow Lane, Cary  
Silver Lake Rd to Killarney to Lakewood  
to Green Meadow.

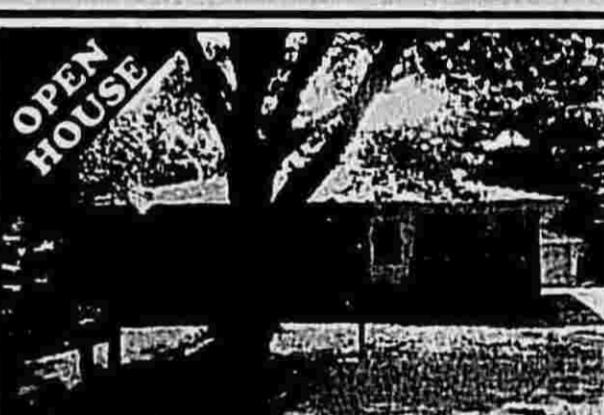
### LOCATION! LOCATION!

### LOCATION!

This tri-level is directly across from the park, near the community - walking path and has lake rights! 3 bedrooms, 2 full baths, fenced yard.

**\$229,000**

Mary Lynn Madsen 815-861-7070



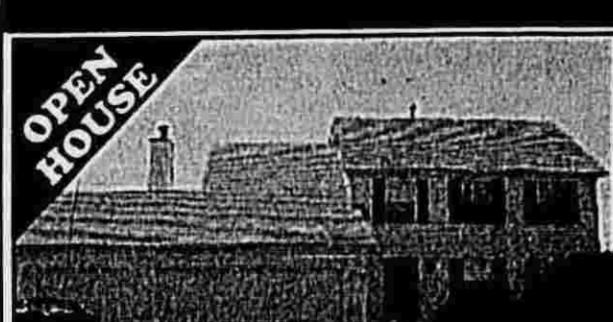
7411 Birch Street, Crystal Lake  
Rt 31 W on 3 Oaks to Birch-Rt.

### CRYSTAL LAKE RANCH

Brick ranch with full basement, detached one-car garage. Original hardwood floors, fenced yard, covered deck, 3 bedroom, 1 bath. Convenient location.

**\$189,000**

Mary Lynn Madsen 815-861-7070



437 Valley View,  
Rt 12 to Genoa City to Main (B) L 1  
blk R to B - W to  
Ridgeview-Hilltop-Valley View

### POPULAR RIDGEVIEW SUBDIVISION

3 car garage, desirable floor plan, unfinished basement. Loads of storage, 4 bedroom, 2.5 bath home.

**\$219,000**

Mary Lynn Madsen 815-861-7070



307 Carlton Ct,  
Rt 12 to Genoa-W to Elizabeth R to  
Fenmore to Carlton

### GENOA TRAILS SUBDIVISION

Near WI/LI Border Affordable home has partially finished basement; Master Bdrm w/ walk-In Closet & Volume Ceiling, Large Patio/Nice lawn space 2 Bedroom, 1.5 Bath

**\$146,900**

Mary Lynn Madsen 815-861-7070

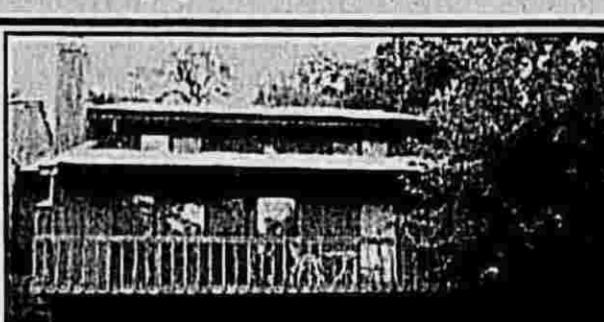


### JOHNSBURG SCHOOLS

Well kept ranch, spacious family room w/wood burning fireplace, huge master bedroom, his/hers closets, also 2nd bd. & bath. Patio doors out to decks and fenced yard. Close to shopping. This one's for you!

**\$145,900**

Jan Atchison 847-587-2575 X87



TOWNHOME W/LAKE ACCESS  
Lake front community 2 bd., 2.1 bath home. Great room w/fireplace, kit. & brkfst bar. Garage, dock, swimming pool. Near metra-shopping

**\$184,900**

Mary Draper 847-587-2575 X28

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JOURNALS

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Nicasa is accepting application for an immediate opening in their accounting department. Must have 2 years of ADP and accounting experience. Bilingual helpful.

Please send all resumes to Karen Hines, Human Resources by mail, email or fax. No telephone calls please.

31979 N. Fish Lake Rd.  
Round Lake, IL 60073

Fax: 847-546-0484

Email: khines@nicasa.org

Administrative Assistant  
Surveying and Engineering firm has an opening for a person with strong customer service and office skills and bkd. In A/P and A/R. 3 or more yrs. exp. required. Good benefits and great working environment.Fax resumes to:  
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New spacious state of the art animal hospital looking for energetic, experienced Vet. Tech. eager to expand an established animal hospital. Exp. req. Benefits include Insurance, profit sharing, vac. pay and 401(k) for FT positions.FT/PT  
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Mundelein, IL 60060

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HVAC ESTIMATOR  
Spring Grove HVAC Co has an opening for a FT Draftsman / Estimator. Knowledge of AutoCad v14 or higher, Excel/Word, sys layout & design, manual heat loss/gain calc's, blueprint readings const req. Salary based on exp. Benefits incl health ins & 401k; EOE. Fax resume: 815-675-6033 or email: ccullotta@mid-american-heating.comDRIVERS WANTED  
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Duties include maintenance of building, mechanical systems. EPA, CFC, Universal Certification and Stationary Engineers license a must, along with 5+ years experience with commercial HVAC, plumbing and electrical. Candidate should also have Processed Air Compressor, Process Chiller, and Process Motor and Pump experience. Light welding experience and carpentry skills a plus.OTTO Engineering, Inc. provides a pleasant work atmosphere, competitive pay & excellent benefits including 401(k), health, dental & life insurance, profit sharing, tuition reimbursement & more. Please apply in person at 2 E. Main St., Carpentersville, IL 60110 or visit our website at [www.ottoexcellence.com](http://www.ottoexcellence.com) to submit your resume. EOE

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Qualified candidates should be at least 18 years of age with 2 years college credit &amp; 6 hours in ECE, or equivalent experience.

Contact Jennifer Hennings, 4540 W. Algonquin Road, Lake in the Hills, IL 60156. Ph: 847-669-6111. Fax: 847-659-1993. EOE M/F/D/V

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is currently looking for

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sentative for its Crystal

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Position holder will be responsible

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putting orders; defining

delivery dates and

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duties. Job requirements in-

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Successful candidate

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Representative position,

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## PART TIME

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## MEDICAL/DENTAL

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Or forward resume  
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Customer Service  
**HOST / HOSTESS**  
Part Time/Temporary, Host /Hostess to staff. New Home Builder's models. Fax resume 630-408-6023. EOE

## Driver

**Contracted Delivery**  
**7 Day Delivery of Newspapers in Fox Lake**

Delivery Hours 3 to 6 am  
1 route available.  
Ideal for extra income!  
\$900 a month.

Must sign contract.

**Call 815-459-8118**

## Office

Part Time  
SCHEDULING COORDINATOR

Growing generator service company in Woodstock is seeking a highly motivated, very organized individual to join our team. Candidate must have excellent communication skills and be able to work very closely with our customers, service technicians, sales team, and vendors. Strong PC skills and experience working with Microsoft Excel and Outlook required. This is a great opportunity for the right individual if you desire to work in a fast paced, friendly, small office environment.

**Certified Individuals should fax resume with salary history to:**  
Attn: Don @ 815-479-7143.

## What's Important to You?

According to the Newspaper Association of America, job seekers rank job location, benefits package and working hours as the three most important items of information in an employment ad. With the Journal Employment and ChicagoJobs.com, you've got it covered! To connect with qualified candidates, call (800) 589-8237 today.

## Human Resources

**Bookkeeper Needed**  
20-25 hrs/wk for fast-paced Crystal Lake office. Excellent Quickbooks skills, ability to multi-task, and a can-do attitude essential. Salary commensurate with experience. Email resume: [CLbookkeeper@gmail.com](mailto:CLbookkeeper@gmail.com) or fax to 815-356-9905, Attn: CL Bookkeeping

**Administrative Asst.**  
Lake Zurich. Data entry, bookkeeping exp a plus, gen office duties. 9am-2:30pm, M-F.  
Email: [jobs@designcraft.com](mailto:jobs@designcraft.com) or fax: 847-719-2501

**Childcare**  
Bus Aide  
Crystal Lake, McHenry, Woodstock areas. Must be at least 18 years old. Working with preschoolers. Call: 815-338-8790

## Retail

**Sales Associates**  
Part Time  
We are seeking ambitious candidates for our Huntley, IL, Outlet store. Some retail experience is preferred, but we will train enthusiastic individuals. We offer competitive salaries, benefits to those who qualify and opportunities for advancement. For consideration, please apply in person at: Liz Claiborne Outlet Store, Prime Outlets at Huntley, 11800 Factory Boulevard, Space 300, Huntley, IL. Please visit our Career Page at [www.lizclaiborneinc.com/careers](http://www.lizclaiborneinc.com/careers). We are committed to a diverse and drug free workforce.

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## Driver

## Contracted Delivery

**7 Day Delivery of Newspapers in Fox Lake**

Delivery Hours 3 to 6 am  
1 route available.  
Ideal for extra income!

\$900 a month.

Must sign contract.

**Call 815-459-8118**

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SCHEDULING COORDINATOR

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Refrigerator 18" x 20" x 20" With Freezer for Dorm, Office, Basement \$30 Call 815-356-0155

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Free To Good Home: 1 yr old Male Great Dane Mass Mix. Fixed, shots, house broken. Needs a fenced in yard. \$15.572-2530 lv ms

CHINA CABINET Retro, w/ sliding glass doors & storage below. \$47-639-2154 after 4pm

ADORABLE CAT, 3 yrs old, very playful & friendly. Needs a loving home. We are moving & cannot keep him. Do not call unless you are serious about giving him a FOREVER home. 815-719-0987

2 guinea pigs female 2 yrs. old, w/cages & acc. \$47-363-8805

FREE DIRTY (has some clay in it.) You Haul Needs to be removed by Aug 15. 815-344-9054

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Free Wurlitzer Organ, full size, 40 yrs old, at present not working. You haul. You Haul 630-587-3109 10-9pm only

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LOCK

By coincidence, I ended up with TWO Wedding Dresses and this BEAUTIFUL one is the one that I am not going to wear for my Wedding. It is for *Forever Yours*, I have only worn it for alterations. This dress is an A-Line with GORGEOUS beading on the bodice and a tie around the middle that drops down in the back. It is originally a size 8 but has been taken in to about a 6. It has not been bustled. It is in great shape. This dress retails for \$699. Asking \$300. I'm sure it would be a perfect for someone! Great Deal! Call 815-403-1240

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# LakeLife

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SECTION B

Edition of August 3-10, 2007  
LakeCountyJournals.com



## >> BestBets

**PLAY ON:** The production "Play On" will open Aug. 3 for three weekends through Aug. 19 at PM&L Theatre in Antioch.

**HERE COMES THE BRIDE:** A wedding expo will take place from noon to 3 p.m. on Aug. 5 at the Genesee Theatre in Waukegan.

**GO GREEK:** The 3rd Annual Greek Days will be Aug. 4 and 5 at the Long Grove Café at the Historic Village of Long Grove.

\* Details for BestBets events on page 28

## INSIDE

### >> NowShowing

#### Movie reviews

##### "The Bourne Ultimatum"

★★★½

• Movie critic Jeffrey Westhoff says that Matt Damon's stellar commitment to his role and strong action scenes make 'The Bourne Ultimatum' stand out compared to other summer action films.

##### "Bratz"

★☆

• The themes of 'Bratz' are heartfelt, but get smothered by focus-group filmmaking, movie critic Jeffrey Westhoff says.

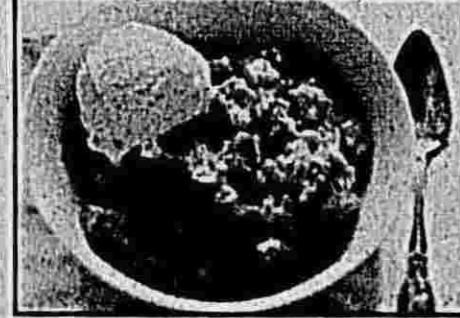
PAGE 3B

### >> PlainAndSimpleConcert

#### Plain White T's to perform

The Plain White T's, an alternative band with the hit "Hey There Delilah," will perform Aug. 17 at Six Flags Great America in Gurnee.

PAGE 2B



### >> RelishTheAmericanTable

#### Banana pudding

Don't throw away those ripe bananas — they are perfect for caramel banana cornbread pudding. To read the article, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and click "food" under LakeLife.



### >> OnStage

#### 'Pratfall of Civilization'

"Pratfall of Civilization" is a satirical sketch set that looks at issues facing Americans today. To read the article, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and click "stage" under LakeLife.

## INSIDE SPORTS



Kevin Kaduk

### >> Views

In an NFL season full of knee-jerk reactions and subjective comments from the media, pro sports columnist Kevin Kaduk takes a stand and says that Bears running back Cedric Benson will be the key to the Bears Super Bowl redemption.

PAGE 8B



### >> Triathlon

#### Pushing the limit

The second annual Wauconda Triathlon took place July 28 and 29, with kids and adults competing in events at Bang's Lake and Wauconda High School.

PAGE 8B

### >> QuickHitters

#### Athletic spotlight

University of Florida sophomore and former Libertyville Wildcat Nicole Schachner won the Illinois Women's Open golf championship, while Wauconda's Brad Wisniewski looks to continue his football success.

PAGE 7B

### >> GameOfTheWeek

#### Play ball!

The White Sox take on the Cleveland Indians Aug. 9 at U.S. Cellular Field.

PAGE 7B

## Young royalty



Contestants wait in line to enter the stage in the Little Miss Lake County Fair competition. From July 24 through 26, the 2007 Miss Lake County Fair, Junior Miss Lake County Fair, and Little Miss Lake County Fair pageants took place, and new royalty was named. The new queens are Miss Lake County Fair Heather Callan, Junior Miss Lake County Fair Alanna Watts, and Little Miss Lake County Fair Teagan Callaway.

Annie Christie-achristie@nwnewsgroup.com

## &gt;&gt; Out &amp; About

## SOUNDS OF MUSIC

WAUKESHA BLUESFEST- Negawaukee Park in Delafield, Wis.; For more information, call (800) 366-1961, e-mail info@waukeshabluesfest.com, or visit www.waukeshabluesfest.com. Featuring: Waukesha BluesFest on Aug. 10 and 11. Gates open at 12:30 p.m. both days, and live music acts will perform from 1 to 10:30 p.m.

## ON STAGE

PM&L THEATRE- 877 Main St., in

Antioch; featuring: "Play On." "Play On" opens Aug. 3 for three weekends through Aug. 19. The play takes place at 8 p.m. on Friday and Saturday evenings on Aug. 3, 4, 10, 11, 17 and 18, and at 2:30 p.m. on Sunday afternoons. To reserve tickets, call the PM&L Box Office at (847) 395-3055.

GENESEE THEATRE- 203 N. Genesee St., in Waukegan. Tickets for all the following events can be bought at the Genesee Theatre Box Office, all ticketmaster outlets, charge-by-phone at (312) 559-1212.

## PAMPER YOURSELF AT

## The Pampered Panda



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716 E. Grand Avenue (Rt. 59)  
next to Skate on Grand Roller Rink  
www.ThePamperedPanda.com - 847-587-BODY (2639)

or visit [www.ticketmaster.com](http://www.ticketmaster.com).  
2007 Genesee Theatre Wedding Expo- From noon to 3 p.m. on Aug. 5. Admission costs \$5. One-stop shopping experience for you and your entire bridal party. Services from local experts, owners and top wedding merchants who will be on hand to answer all your important planning questions.

Weird Al Yankovic- 7 p.m. on Aug. 19.  
Donny Osmond- 8 p.m. Sept. 7

## SPECIAL EVENTS

MIDWEST CORVETTE & CHEVY SHOW- At the Porter County Fairgrounds in Valparaiso, Ind. The show is scheduled for Aug. 17, 18 and 19. For information

For more information, visit [www.midwest-carshows.com](http://www.midwest-carshows.com), or call (217) 617-VETT (8388) or (219) 712-9489.

THIRD ANNUAL GREEK DAYS- The 3rd Annual Greek Days will take place Aug. 4 and 5 at the Historic Village of Long Grove, 307 Old McHenry Road in Long Grove. For more information, call the Long Grove Cafe at (847) 955-9600, or visit [www.long-groveonline.com](http://www.long-groveonline.com).

To read more Out & About events, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and click on "calendar" under the LakeLife. If you have an upcoming event that you would like to feature in LakeLife, submit news to Dani Schweigert at [dschweigert@nwnewsgroup.com](mailto:dschweigert@nwnewsgroup.com).

## &gt;&gt; DiningOut

## Grab a dog at Sammies

By STEVE PETERSON  
[speterson@nwnewsgroup.com](mailto:speterson@nwnewsgroup.com)

GRAYSLAKE - Dominick Guinlata recalls working at an early age at the Lake County Fair.

"I have been working here since 1982, so this is old hat, nothing different," said Guinlata, 37, of Lake Zurich.

Come next year's fair, the younger Guinlata might be running things at Sammies's at the fair with his dad, Sam, 56.

Sammies is a hot dog and burger place that is known for its Samburger and Italian beefs and has been serving fairgoers in Grayslake for 27 years. The restaurant's location is under roof near the rodeo-demolition derby grounds.

The restaurant itself started in Chicago in 1964, moving to Grayslake in 1972.

"For a while, we were the only place to get a Chicago-style hot dog," Sam said.

A seasonal restaurant off of Route 120 closed in 1972, making way for Sammies. Of course, the neighborhood has changed; Jewel-Osco has replaced the old drive-in theater, and the flea market is now a coffee shop. Owners can



Sandy Bressner - [sbressner@nwnewsgroup.com](mailto:sbressner@nwnewsgroup.com)  
The Sammies food booth at the 2007 Lake County Fair in Grayslake offered nachos, quesadillas, cheese fries and other food items. Sammies has been at the fair for 27 years.

## Sammies

Where: Sammies has locations at 215 W. Rollins Road in Round Lake Beach (847) 546-4674; at 216 N. Milwaukee Ave. in Lake Villa (847) 265-2400; and at 799 E. Belvidere in Grayslake (847) 223-4663.

What: Sammies is a hot dog and hamburger place and is known for its Samburger and Italian beefs.

remember the pre-McDonalds, Route-45-boom days.

Sammies has since added

locations in Round Lake Beach and Lake Villa. Sammies's employs about 30 people.

"People come back all the time who have worked here before and sling burgers," Dom said.

"We cut back the prices to make it more friendly, with more hot dogs and tacos," Sam said. "We were invited by management of the fair 28 years ago."

"Cheeseburger in Paradise," the Jimmy Buffet song, has been the calling card of Sammies at the Fair.

GURNEE DAYS 2007  
Comic Book Heroes  
August 9<sup>th</sup>-12<sup>th</sup>, 2007

## THURSDAY, AUGUST 9, 2007

Time	Event	Location
10:00am to Noon	Bike Rodeo	Woodland Middle School
7:00pm	Testimonial Dinner	Midlane Country Club
7:00pm to 8:30pm	Concert Under the Stars	Viking Park

## FRIDAY, AUGUST 10, 2007

Time	Event	Location
10:00am to Noon	Bike Rodeo	Gurnee Fire Station #1
12:30pm	Stories in the Park	Viking Park
5:00pm to 10:30pm	Amusement Rides	Viking Park
6:00pm to 8:00pm	Beach Bash	Grove Beach
7:00pm to 10:00pm	Gurnee Idol & Live Band Karaoke	Viking Park Band Shell
8:30pm to 11:00pm	Movie in the Park	Viking Park Fields

## SATURDAY, AUGUST 11, 2007

Time	Event	Location
6:00am to 1:00pm	Golf Tournament	HeatherRidge Golf Course
7:30am	10K Race & 2 Mile Fun Run & Walk	Warren H.S., O'Plaine Campus
9:30am to 3:00pm	3-on-3 Basketball Shoot Out	Viking Park Courts
10:00am to Noon	Fire & Police Open Houses	Old Grand Ave. & O'Plaine Rd.
10:00am to 4:00pm	Young Artist's Show	Warren-Newport Public Library and Viking School
10:00am to 4:00pm	Mother Rudd Open House	Mother Rudd House
11:00am to 7:00pm	Exhibits-Food-Games	Viking Park
11:00am	Baby Contest	Viking Park
12:00 Noon	Canine Frisbee Contest	Viking Park
12:30pm to 4:00pm	Stage Events	Viking Park Band Shell
1:00pm to 11:00pm	Amusement Rides	Viking Park
3:00pm to 11:00pm	Rib Fest	Viking Park
4:00pm	Ice Cream Eating Contest	Viking Park
5:00pm to 11:00pm	Evening Entertainment	Viking Park
9:30pm	Fireworks	Viking Park

## SUNDAY, AUGUST 12, 2007

Time	Event	Location
7:30am to 10:30am	Gurnee Comm. Church Breakfast	Viking Park Dance Hall
10:00am to 4:00pm	Young Artist's Show	Viking School
11:00am to 5:00pm	Exhibits-Food-Games	Viking Park
12:00 Noon	Gurnee Days Parade	Old Grand Avenue
1:00pm	Bean Bag Tournament	Viking Park
1:00pm to 5:00pm	Amusement Rides	Viking Park
1:00pm to 4:00pm	Mother Rudd Open House	Mother Rudd House
1:00pm to 4:00pm	Children's Pony Rides & Petting Zoo	Viking Park
1:00pm to 4:00pm	Stage Events	Viking Park Band Shell
2:00pm to 3:00pm	Talent Show	Viking Park Band Shell

Dates, events, locations, and times are subject to change.

For additional information, call the Gurnee Days Corporation at (847) 623-7788 or (847) 249-9613. [www.gurnee.il.us/gurnee\\_days](http://www.gurnee.il.us/gurnee_days)

Fireworks & Entertainment sponsored by The Village of Gurnee



Directed by Donna Badtke • Produced in cooperation with Samuel French

by Rick Abbott

Antioch; featuring: "Play On."

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# Movies

## Critic's ratings

★★★★ EXCELLENT    ★★★ GOOD    ★★ AVERAGE    ★ AWFUL

## MPAA rating system

G: General audiences    PG-13: Parents strongly cautioned  
PG: Parental guidance suggested    R: Restricted

Edition of August 3-9, 2007 • Page 3B

LakeCountyJournals.com

## Action is reborn in 'The Bourne Ultimatum'

By JEFFREY WESTHOFF  
sidetracks@nwnewsgroup.com

The decade's second-best trilogy (after "Lord of the Rings") comes to a slam-bang conclusion in "The Bourne Ultimatum."

Because the Bourne films haven't put up the super-colossal blockbuster numbers that warrant Entertainment Weekly cover stories, they aren't recognized for what they are — the smartest and most technically superb action films since "Die Hard."

And if you need evidence of their excellence, consider this: The Bourne films are so good, they scared the James Bond producers into rebooting their franchise. Not even Indiana Jones did that.

The Bourne films work because they are the opposite of the inane, bloated action films crowding the summer marketplace.

When other filmmakers insist they need up to three hours to detail the nuances of pirates, superheroes and giant robots, "Ultimatum" clocks in at a lean 111 minutes. When other filmmakers stage endless CGI action sequences, "Ultimatum" crackles with fast and furious fights and car chases that employ actual stunt teams, not digital doppelgangers.

But the contrary nature of the Bourne films is clearest with regard to its star, Matt Damon, one of the last actors any casting director would choose to play an action hero.

Damon's explosive fighting skills came as a shock in the first film, 2002's "The Bourne

### "The Bourne Ultimatum"

★★★½

Genre: Action/adventure  
Director: Paul Greengrass  
Writer: Tony Gilroy, Scott Z. Burns and George Nolfi  
Other information: Rated PG-13 for violence and intense sequences of action; running time is 111 minutes

Identity." But by now, it is impossible to think of anyone else playing Jason Bourne. Damon's every-man qualities, along with his deep acting skills, make him perfect as the quiet, conscientious young hero who lives with the horror of knowing that he was once an unfeeling assassin.

Bourne's pursuit of his hidden past is the central story element this time. Although two years passed between the first and second films, less than an hour has passed between the second and third.

We catch up with Bourne staggering through the streets of Moscow, eluding police and searching for medical supplies to treat the wounds received at the end of 2004's "The Bourne Supremacy."

Escaping that fate, as he always does, Bourne discovers that a British journalist (Paddy Considine) is digging into the CIA black ops division that gave Bourne his deadly identity. The journalist even names Bourne in his articles.

Bourne travels to London to find the reporter, hoping the journalist can help him learn when, how and why the CIA turned him into a killing machine. But the reporter has attracted the CIA's attention as well, and the latest head of black ops, Noah Vosen (David Strathairn), sends a hit team to London.

John Allen returns as Pamela Landy, the principled CIA officer who admires Bourne against her better instincts. Also back is Julia Stiles as Nicki Parsons, the remarkably young operative with the misfortune of being assigned to cities where Bourne turns up. Albert Finney appears as an ominous figure from Bourne's past.

Paul Greengrass, who also directed "Supremacy," returns to the director's chair (in between the two Bourne projects, he made the stirring "United 93").

Greengrass' edgy camerawork is occasionally distracting, but overall he achieves artistry with a shaky camera and quick editing that is beyond Michael Bay's imagination.

International settings remain a key element, although "Ultimatum" is heavier on plot and action than the first two films. The key set pieces are a game of cat and mouse in London's Waterloo Station, a pulsating rooftop chase set in Tangiers and an intense car chase in New York's thick traffic.

• Jeffrey Westhoff is a movie critic for the NorthWest News Group. He can be reached by e-mail at sidetracks@nwnewsgroup.com.



Photo provided

Matt Damon stars in "The Bourne Ultimatum," directed by Paul Greengrass. The film is the final movie of the "Bourne" trilogy.

## Company plugs fill scenes of 'Bratz'

By JEFFREY WESTHOFF  
sidetracks@nwnewsgroup.com

"Bratz," based on the successful line of fashion dolls, is a series of montages and music videos occasionally interrupted by story.

The story, when it gets a chance to breath, isn't terrible. True, writer Susan Estelle Jansen basically takes the script from "Mean Girls" and knocks it down a few reading levels, but the makers of "Bratz" genuinely appear to want to pass along a more thoughtful message than the trite "Be true to yourself."

Unfortunately, director Sean McNamara is working from an audience-research dictum that states tween and pre-teen girls won't sit through a movie unless a montage occurs every five minutes.

Thirty-four songs play on the soundtrack, and some sort of production number accompanies at least one third of them. Many filmmakers hesitate to include even one montage, but when the number crosses into double digits, you're doing your characters a disservice.

Yasmin (Nathalia Ramos), Cloe (Skyler Shaye), Sasha (Logan Browning) and Jade (Janel Parrish) have been inseparable friends since grade school.

With their fashions coordinated and their lip-gloss shimmering, they arrive for their first day of high school confident they will rule the school, a goal that qualifies them as especially delusional freshmen.

Thanks to the school's rigid clique system, enforced by student body president and principal's daughter Meredith (Chelsea Staub), the four friends find themselves separated by their extracurricular activities.

Cloe eats with the soccer team, Sasha with the cheerleaders, Jade with the science club and Yasmin ... is by herself a lot. She says she's a student journalist, so I suppose her solitude is realistic.

Because "Bratz" is already a 110-minute commercial for a line of dolls, the producers generously allow other companies to plug their wares.

Students are asked to audition for the school talent show through video



Photo provided  
"Bratz" tells the story of four friends as they experience high school together. The film is based on the line of fashion dolls and is directed by Sean McNamara.

### "Bratz"

★★

Genre: Comedy  
Director: Sean McNamara  
Writer: Susan Estelle Jansen  
Other information: Rated PG for thematic elements; running time: 110 minutes

spots on their MySpace pages.

While watching the auditions, Meredith says, "I love MySpace," in case anyone misses the product placement. After MTV agrees to film Meredith's sweet 16 birthday party (her second), she mentions the network about 15 times in 5 minutes.

Some potentially subversive material lurks in the background. The students attend Carry Nation High School, and the winner of the talent show receives the Golden Hatchet Award. Funny stuff, even if the movie's target audience will have to consult Wikipedia to get the jokes.

Other good ideas flit in and out of the script. The Bratz hope to crack Meredith's hold on the school by integrating the cliques. That's a much worse

thier goal than consumerism, which seems to be the only aspiration the dolls promote. But shopping also remains a priority in the film, and the rest of the story seldom gets a chance to develop in between trips to the mall accompanied by pop songs.

Showing once again that filmmakers don't trust the intelligence of children, the ending becomes a flurry of the Bratz and their parents flatly stating moral lessons, from "You followed your heart and made it work" to "My mom is my hero."

Of the four Bratz, only Ramos shows the charisma necessary to sustain a career. Staub delivers the most enjoyable performance, though she has the advantage of playing a comic villain.

Otherwise, "Bratz" is filled with deliberate overacting that must be blamed on the director rather than individual actors.

By right, "Bratz" should have had no potential at all. Yet it is still disappointing to see the handful of clever ideas and heartfelt themes smothered by corporate, focus-group filmmaking.

• Jeffrey Westhoff is a movie critic for the NorthWest News Group. He can be reached by e-mail at sidetracks@nwnewsgroup.com.

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<b>BRATZ (PG)</b> 1:15 4:00 6:45
<b>HOT ROD (PG-13)</b> 12:15 2:30 4:45 7:30 9:50
<b>HARRY POTTER &amp; THE ORDER OF THE PHOENIX (PG-13)</b> 1:00 4:30 8:00
<b>RATATOUILLE (G)</b> 1:30 4:15 7:00
<b>I KNOW WHO KILLED ME (R)</b> 2:00 5:15 7:45 10:30
<b>NO RESERVATIONS (PG)</b> 12:45 3:45 6:30 9:10
<b>TRANSFORMERS (PG-13)</b> 1:45 5:00 8:15
<b>WHO'S YOUR CADDY? (PG-13)</b> 9:40 PM DAILY
<b>LIVE FREE OR DIE HARD (PG-13)</b> 9:30PM DAILY
<b>KNOCKED UP (R)</b> 12:30 (3:30) 6:15 9:20
<b>SHOWPLACE 8</b>
MON 8/6 12:30 2:30 4:30 6:30 8:30 10:30
SUN 8/12 12:30 2:30 4:30 6:30 8:30
<b>THE BOURNE ULTIMATUM (PG-13)</b> 12:45 1:15 3:30 4:15 6:30 7:30 9:40 10:10
<b>UNDERDOG (PG)</b> 12:00 2:30 5:00 7:15 9:30
<b>THE SIMPSONS Movie (PG-13)</b> 11:30am 1:30 2:00 3:00 3:50 4:30 (5:15) 6:10 7:00 8:00 8:30 9:15 10:20 10:45
<b>HAIRSPRAY (PG)</b> 1:00 4:00 6:45 9:30
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<b>Daddy Day Camp (PG)</b> X
Starts Wed 12:40, 3:30, 6:20, 9:10
<b>Bratz (PG-13)</b> X
12:45, 1:30, 2:15, 3:25, 4:10, 4:55, 6:05, 6:50, 7:30, 8:45, 9:30, 10:05
<b>Underdog (PG-13)</b> X
12:25, 2:45, 5:00, 7:15, 9:30 1:05, 3:20, 5:30, 7:40, 9:55
<b>Bratz (PG-13)</b> X
1:15, 3:50, 6:35, 9:15
<b>El Cantante (R)</b> X
1:20, 4:00, 6:35, 9:40
<b>The Simpsons Movie (PG-13)</b> X
12:35, 1:40, 2:50, 3:55, 5:05, 6:10, 7:20, 8:25, 9:35
<b>No Reservations (PG)</b> X
12:20, 2:55, 5:20, 7:45, 10:05, 1:30, 4:10, 7:00, 9:45
<b>Who's Your Caddy? (PG-13)</b> X
1:30, 4:10, 7:00, 9:45
<b>Rescue Dawn (PG-13)</b> X
12:40, 3:00, 5:15, 7:30, 9:45
<b>Sunshine (R)</b> X
Ends Tu 12:55, 2:25, 6:05, 8:45
<b>I Now Pronounce You Chuck &amp; Larry (PG-13)</b> X
1:00, 3:45, 6:30, 9:25
<b>Hairspray (PG)</b> X
1:00, 3:55, 6:35, 9:20
<b>Harry Potter: Order of the Phoenix (PG-13)</b> X
12:30, 3:45, 7:00, 10:05
<b>Transformers (PG-13)</b> X
12:25, 3:30, 6:45, 10:00
<b>Ratatouille (G)</b> X
12:45, 3:30, 6:00, 8:35
<b>Live Free or Die Hard (PG-13)</b> X
12:50, 3:40, 6:55, 9:55
<b>Transformers (PG-13)</b> X
Open Captioned: Fr 3:30, Sa 5:15, Su 6:45
<b>Charlotte's Web (PG)</b> X
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**LakeCountyJournals.com**

**Photo provided**

# NIGHT & DAY

## Living & Entertainment Section

### Enjoy Authentic Japanese Cuisine at I Love Sushi

By LESLIE GLAZIER-WERNER  
Lesonlife@sbcglobal.net

I Love Sushi serves the finest authentic Japanese cuisine, thanks to chef Yoshi Takahashi, who is also co-owner along with wife Cindy.

Cindy said Yoshi has over 30 years of experience as a chef. She noted that he was schooled in his native Japan, worked in Tokyo, then spent 10 years as head chef at a 4-star Japanese restaurant located in downtown Chicago. Cindy said

they then decided to open their own restaurants, running one in Santa Fe, followed by one in Des Plaines, before opening I Love Sushi in the Grayslake area.

I Love Sushi, open just six months, is conveniently located in the new Graystone Manor business and retail complex on Route 45 just south of Washington Street.

The restaurant is the perfect place for a business lunch or dinner out. Enjoy your meal and take a mini-vacation while listening to

popular Japanese music and basking in true Japanese hospitality.

The atmosphere is serene, aided by muted tones of sand, turquoise, and coral reminiscent of the seashore. Including the full sushi bar, there is seating capacity for 50, with additional seating outside on the patio.

Cindy said her husband uses only the freshest ingredients, all prepared "to taste good, but be healthy and low calorie." She also noted that Yoshi makes all his own sauces.

I Love Sushi's menu encourages sampling of its

many types of sushi, appetizers, soups, salads, and more.

The daily specials alone are enough to fill a regular menu. I tried their "Godzilla" maki sushi—aptly named as I was presented with extra-large, delectable rolls of fresh shrimp tempura, spicy tuna, cucumber over avocado, and tempura crunch with unagi sauce.

I Love Sushi also has lunch box specials. I enjoyed a savory combination of miso soup, rice, tender chicken teriyaki, California roll, and deep-fried gyoza dumpling, all

for just \$8.59.

The dinner menu is just as appetizing, and includes teriyaki, katsu, tempura, sashimi, udon, appetizers, soups, and salads, in addition to sushi. Cindy also said cocktails can be made to order for both lunch and dinner.

Yoshi and Cindy Takahashi are looking forward to getting to know the community.

As a result, they're offering an I Love Sushi reward card that offers a 5% discount with every purchase. After one visit to I Love Sushi you're sure to put your card to good use.

#### I Love Sushi

34121 N. Route 45

Third Lake, IL

(847) 543-1234

Hours: Lunch, Monday – Friday

11:30 a.m. – 2:00 p.m.

Dinner, Monday – Thursday

5:00 p.m. – 9:30 p.m.

Friday 5:00 p.m. – 10:00 p.m.,

Saturday 4:30 p.m. – 10:00 p.m.,

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Entrée Prices: \$8.75 – \$22.59.

Alcohol: Beer, wine, cocktails.

Smoking: Non-smoking

Credit Cards: MasterCard,

Visa, Discover.

Other: Ample parking, carry out, catering.

## BRIDAL SHOWCASE

### Golden Anniversary

#### Bonnie & Thomas Behm

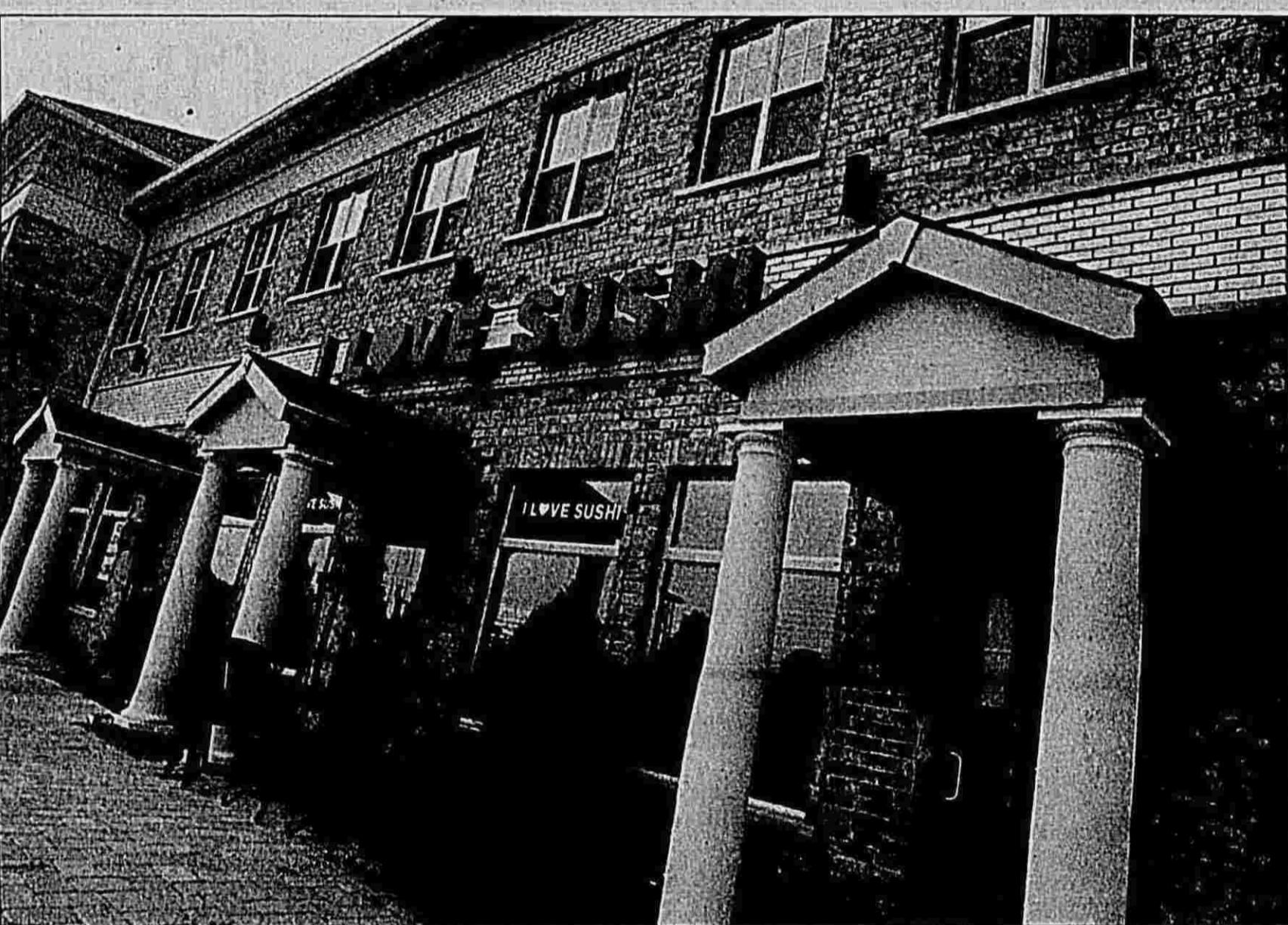
On July 6, 1957, Bonnie and Thomas Behm were married in Germfask, Mich. They celebrated their 50th anniversary with a party in Powhatan Va. on July 1, given by their children, Debra L.B. Pakaluk of Laytonsville, Md. and Michael T. Behm of Richmond, Va.



Bonnie & Thomas Behm, 1957

Thomas proposed to Bonnie while living in Grayslake, and they lived in the same house for 42 years before moving to Virginia.

Bonnie & Thomas Behm, present



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**Valid thru 8/31/07**

**Prime Rib on Thursdays**

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Sun. 2:00pm - DINNER ONLY

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**Only \$12.95**

**8 Piece Mixed Chicken Family Meal** Includes heaping order of potatoes, 1/2 side order & 4 biscuits

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16" or 18" Pizza

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One coupon per order

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1/2 Price Pizza  
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WEDNESDAY  
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THURSDAY  
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\$200 Off

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Any 16" Pizza

Delivery or Pick-up

Expires 8/1/07

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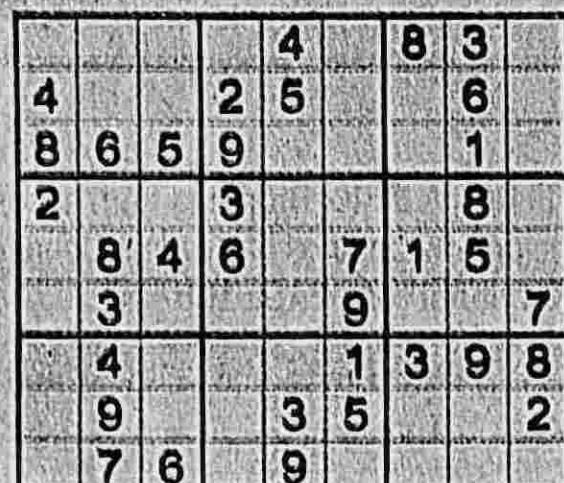
Valid Mon-Thurs. Expires 8/1/07

Expires 8/1/07

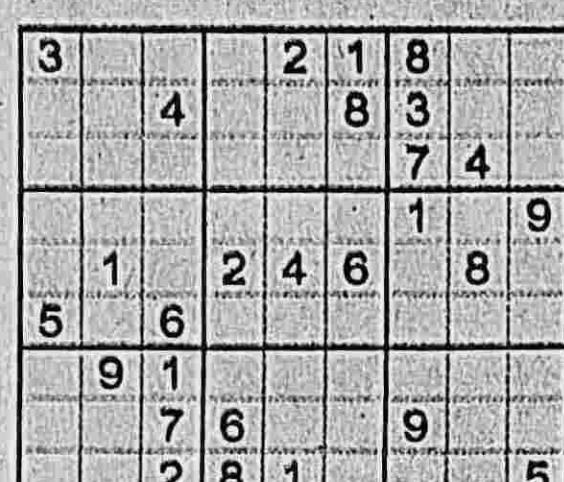
Early Bird Come in before 6:00 Mon-Thurs and receive 20% off

## SUDOKU

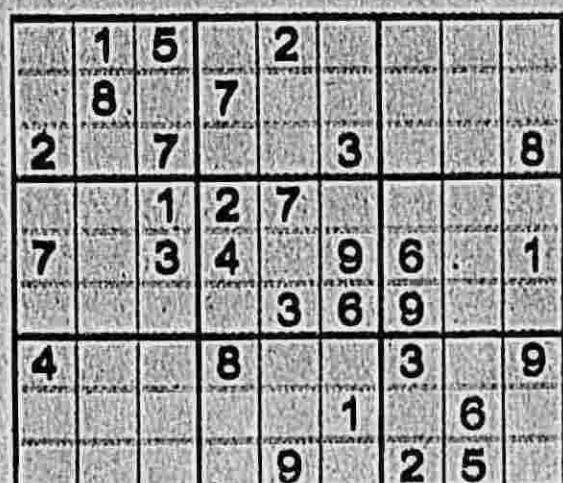
VERY EASY



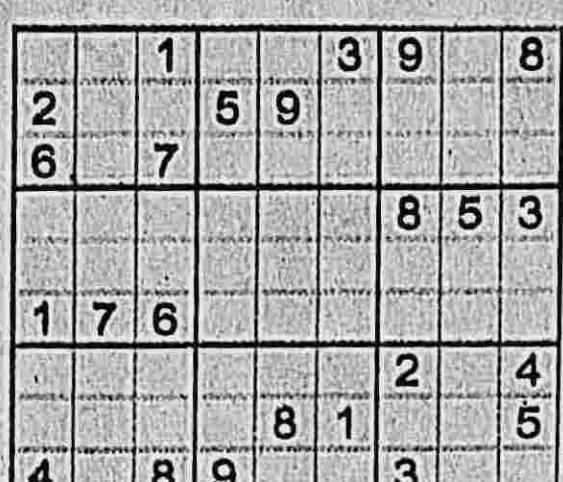
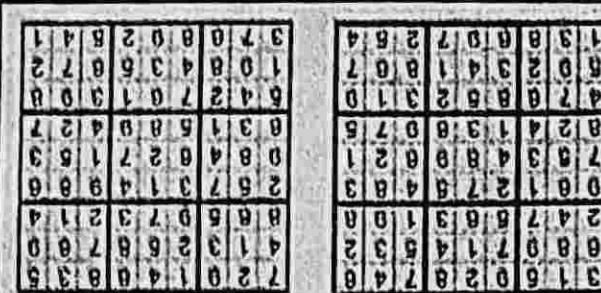
MEDIUM



EASY



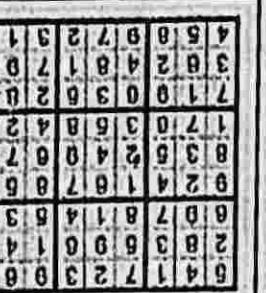
HARD

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VERY EASY

EASY

MEDIUM



HARD

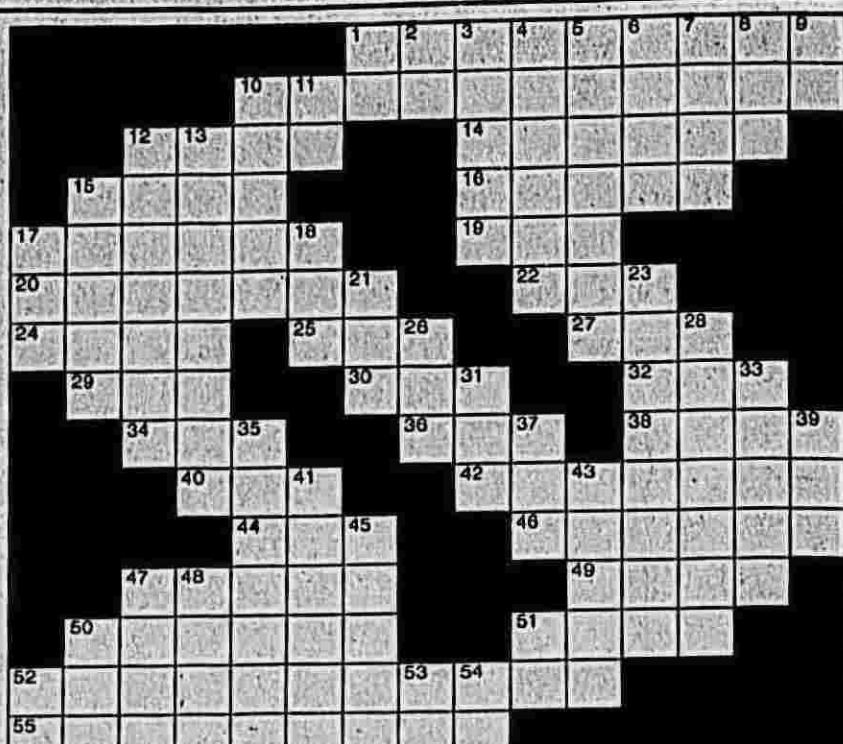
## ACROSS

- Infected inflammation
- Inspector, Clouseau movie "The"
- Any of several carangid fishes
- A way to make possible
- Expression of sorrow or pity
- Fruit of the oak tree
- Golfers tee shots
- Radioactivity unit
- You divide a number by it
- Corpuscle count (abbr.)
- Bird treat
- A digital tape recording of sound
- A bag-like structure
- California think tank
- Hill (Celtic)
- Caviar
- A very large body of water
- Distilled from coal
- Russian assembly
- Old Austrian monetary unit (abbr.)
- De \_\_\_\_\_: not withdrawn
- Cost, insurance, and freight (abbr.)
- Employ for life
- Ancient stone slab bearing markings
- Hart, politician
- Intones
- Whine
- Maritime radio
- An unrefined quality

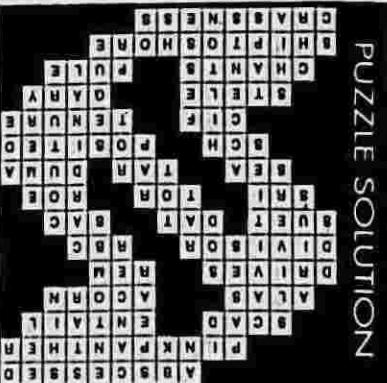
## DOWN

- Article
- Berkelium
- A stalk of asparagus
- Fourth sign of the zodiac
- Buries
- Featured performer
- Leg bone
- Snake-like fish
- Physician's title (abbr.)
- Bullfighting maneuvers
- Potato state (abbr.)
- Cuts thin
- Decayed areas in teeth
- Sea catfish genus
- Tooth caregiver (abbr.)
- Grass farm product
- Common rodent
- Ohio's state bird
- A young child
- High fashion designing and dressmaking
- Knock
- Abrasive mineral
- Regional speech patterns
- Decompose
- Sweet fruit juice beverage
- Hotel chain
- Proceed without interruption
- A broad horizontal band

## CROSSWORD



PUZZLE SOLUTION



across a shield  
47. One branch of orthodoxy  
Islam  
48. Draws from  
50. Chronicles, abbr. (Biblical)  
51. Propyl (abbr.)  
52. Johnson: a family co.  
53. High school  
54. Osmium

## &gt;&gt; Horoscope

LEO - Jul 23/Aug 23

Your desire for freedom and chances to explore creative endeavors is met with opposition, Leo.

VIRGO - Aug 24/Sept 22

Work issues are affecting your home life and relationships, Virgo.

LIBRA - Sept 23/Oct 23

Libra, open up communication channels with the

ones you love.

SCORPIO - Oct 24/Nov 22

You undergo an epiphany later in the week, and it will be a very positive realization for you, Scorpio.

SAGITTARIUS - Nov 23/Dec 21

Relationships are set to improve this week, Sagittarius, but only if you listen as well as you

voice your opinion.

CAPRICORN - Dec 22/Jan 20

Focus your attention on relationships, Capricorn, because your romantic life needs a boost.

AQUARIUS - Jan 21/Febr 18

Aquarius, there might be some miscommunication this week, and you'll feel as though you are being deceived.

PISCES - Feb 19/Mar 20

Pisces, you are feeling a distinctive pull in regards to spending time at home and being out.

ARIES - Mar 21/Apr 19

You have more energy at your disposal, Aries. Let go of the drama of past weeks.

TAURUS - Apr 21/May 20

Taurus, emphasis on your money houses and

finances are pinnacle this week. You will see career rewards on Wednesday.

GEMINI - May 22/Jun 21

Gemini, this week begins a time of focus and renewal. Use this time to get organized.

CANCER - Jun 22/Jul 22

Your career becomes important this week, Cancer. You will be expending more energy.

## &gt;&gt; ElementsOf TheRidiculous



Jana Thompson

## Home search

I learned something this month.

When you are surfing descriptions of homes for sale on the Internet, every sentence that ends in an exclamation point seems to be a diversion tactic.

In move-in condition! Carpeting! Toilets!

• Jana Thompson is a columnist for the Northwest News Group. She can be reached at [jthompson@nwnews.com](mailto:jthompson@nwnews.com). To read Jana's full column, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and select "columnists" under the LakeLife section.

>> LesOnLife  
Renovation time

In this week's online column, Leslie Werner writes about the craziness caused by a kitchen renovation at her home. To read the column, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and select "columnists" under LakeLife.

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Five Piece Room Package Includes:

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- Cocktail Table



Total Furniture

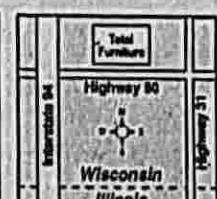
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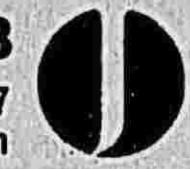
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YOU MORE!

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Sun. 11-6 • Mon. 10-9

# Sports

7B

Edition of August 3-9, 2007  
LakeCountyJournals.com

**TRIATHLON:** Adults and children compete at the Wauconda triathlon in events such as running and swimming. **PAGE 8B**

**DEMOLITION DERBY:** Demo derby contestants will tell you there is more to derbies than just smashing up cars. **PAGE 9B**

**NASCAR THIS WEEK:** Dropping from second to ninth in the point standings has Jimmie Johnson on the "who's not hot" list. **PAGE 10B**

>> SideLines



Daniel J.  
Patrick

## Adults must motivate good sportsmanship

American youth sports is at a crossroads. With the glory days of old little league teams not so far behind us and with AAU basketball and youth football currently exploding, it's difficult to find the line between good extra-curricular sports and too much.

Youth football in particular has received a lot of attention because of horror stories of parents tackling youth players, ordering children to hurt others and other horrors. Even youth coaches have received a bit of this blame with their own problems.

Author Chris Tateo has written a book about this issue entitled "The Competitive Parent." While his Web site could use a little proofreading, Tateo's message is a very important one.

"I wrote this book to give coaches and parents a new perspective of how they can create a stress-free youth football environment," Tateo said in his Web site. "When used correctly, the innovative techniques in this book can help readers manage players, motivate players, organize practice sessions, and deal with the intangibles surrounding the youth football experience."

This sounds like a heady goal, but a noble one nonetheless. As ex-athletes grow older, we often forget how difficult it was to deal with a red-faced psychopathic coach in our past. Instead, it turns into a fond memory of how crazy some coach was.

As for current coaches, the goal should be to avoid being that coach in your players' memories. As I recently spoke with another former player who coached youth football, we both agreed that children shouldn't be coddled on the football field. But there is a big difference between coddling and disrespect to the child and this difference is an issue Tateo speaks about in his book.

"From those old youth-football days, I still carry with me a philosophy that I gained as a kid struggling to understand football: I told myself back then that if the coach would only show us more compassion and patience, we would probably learn more about the game," Tateo wrote.

Youth sports, and especially youth football, can send those of us spiraling back to the days when we suited up. With their tiny little pads and helmets, youth players are like miniature versions of ourselves in the past. Maybe we should learn to treat ourselves a little better.

• Daniel J. Patrick is the sports editor for the Lake County Journals. Write to him at dpattic@nwnewsgroup.com.

>> TruckAndTractorPull

## Full speed ahead

### Truck, tractor pull tradition lives at Lake County Fair

By DANIEL J. PATRICK  
dpattic@nwnewsgroup.com

GRAYSLAKE — Thick, black smoke is billowing from shining chrome exhaust stacks as gleaming tractors are fighting up to 20 tons and dirt is thrown into the air. As the tractor's tires fight for traction and hundreds of fans cover their ears as the engines bellow against the weight for 300 feet.

There, it all stops.

That's the world of the tractor pull, and plenty of fans packed the stands last weekend at the Lake County Fair to check it out.

As hundreds of miles of once-fertile Lake County land is being covered with roads, malls and subdivisions, the fair showed that one of rural life's most treasured pastimes are still alive and well.

"I grew up on a farm and I always loved the power of tractors. I watched tractor pulls when I was a kid, and a neighbor pulled and he even let me drive a few [pulls]," Wally Wiese, owner of "Vi-Agri King" tractor said. "It's whatever you grew up with. If you grew up around cars, you're going to love customizing cars and it's the same thing with tractors."

Across the country, there are multiple tractor pulling organizations, including the American Tractor Pullers Association, the National Tractor Pullers Association and the Empire State Pullers in New York. There are even tractor pulling associations around the world, like the European Tractor Pulling Committee, Australian Tractor Pullers Association and the Brazilian Tractor Pulling Association.

Many of the serious competitors try to pull everywhere. Just after the Lake County Fair tractor pull, most of the pullers hightailed it out of town to Union Grove, 140 miles away to take part in another pull that night.

"In an average summer, you get about 60 pulls in," Wiese said. "Yesterday, I was in Goshen, Ind., doing a pull. You go everywhere all across the country doing pulls and that's part of the reason why it's so much fun."

#### From beast to treasured competitor

Competitors said, 10,000-horsepower tractors started out as run-of-the-mill machines most people see plowing the fields. From there, the machines go through more transformations than Optimus Prime.

"I started with a normal farm tractor and I just kept tuning for the last 25 years," Mark Stuckmann, tractor competitor said. "It was just out of the field when I started swapping out parts and seeing what works. You just keep doing it and you learn by trial and error."



Mark Stuckmann pulls his rig during the Lake County Fair Truck and Tractor Pull.



Mark Stuckmann pops a wheelie during the Lake County Fair Truck and Tractor Pull.

"By now, I've spent into the six figure range getting my tractor to where it is now," Stuckmann said. "Why would anyone spend \$25,000 on parts for a \$5,000 car? It's because you love it."

Most pullers estimated that their tractors could easily bring in at least \$100,000 on the auction block with all of their modifications. To put the amount of mods in the average pulling tractor into perspective, Stuckmann's tractor engine originally produced about 120 horsepower; he said. Fifteen years, a 50 p.s.i. turbo and a bunch of modifications later, it's pumping out about 1,000 ponies.

"It's like an addiction. When you start molding, it all just snowballs," Stuckmann said. "You [mess] with the engine, then you mess with the frame, the fuel, and everything gets changed until all you have left is the body of the tractor and a handful of original parts left."

Stuckmann likened his tractor to the import car craze that has gripped the nation for years.

"It's sorta like all that car modding that's going on nowadays,"

#### Tractor? Who needs a tractor?

At the Lake County Fair and many other tractor pulling competitions, there are many classes with pulling competitions. Most of the pulling contests don't even involve tractors at all.

Semitrailers and even heavily-modified diesel pickup trucks also competed at the fair. What sets the semis apart from most of the other competitive classes is that they could not have any modifications.

"[Semis] have got to be able to drive on the road like any other semi on the road," semitrailer driver Sue Sterwald said. "You've got to have a license, insurance and everything else before you can compete in a pull. You can't have any mods on the truck either. It's got to be a plain Jane truck straight off the highway."

As it turns out, the trucks don't

You [mess] with the engine, then you mess with the frame, the fuel, and everything gets changed until all you have left is the body of the tractor and a handful of original parts left.

**Mark Stuckmann**  
Truck and Tractor Pull competitor

even have to be brand-new powerhouses, either. Round Lake semitrailer competitor Trent Blasco drove a black 1978 Mack truck into competition — a truck that was probably older than many of the competition's fans.

Wearing an AC/DC "Back in Black" T-shirt, Blasco wowed the crowd with the truck he restored in his own shop.

"I'm just out to have a little fun and my trucks black, and AC/DC's one of my favorite bands, so I named it 'Back in Black,'" Blasco said. "Mack is notorious for being off-road trucks, so this one was perfect for [pulling] competitions."

What sets Blasco and the rest of the semitrailer pullers apart from the competitors in other divisions is that when they're done, the semitrailers go right back on the street.

"When I'm done pulling, I'll go back to work with the truck and drive it right out of here," Blasco said. "I'm not loading this thing on the back of another truck or anything like that. I drive semis for a living, but I pull with semis just for fun."

## QuickHitters



Nicole Schachner - Libertyville

University of Florida sophomore and former Libertyville Wildcat Nicole Schachner outlasted pro Jena Pearson to win the Illinois Women's Open golf championship last Saturday. Schachner two-putted from 13 feet to take the win at Mistwood Golf Club.



Brad Wisniewski - Wauconda

So it's not quite time for football yet, but that doesn't mean that we can't celebrate the upcoming season. In 2006, Wisniewski rushed for 272 yards in one game for the Wauconda Bulldogs. This year, look for him to cast a big shadow on the Lake County football scene.

To nominate a student athlete for Quick Hitters, please send submissions to Daniel J. Patrick at dpattic@nwnewsgroup.com

## GameOfTheWeek



VS.



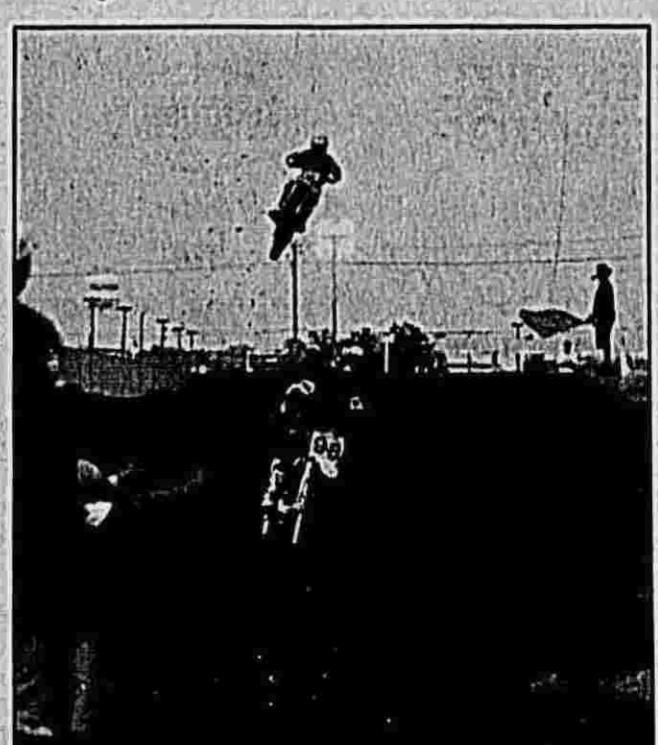
Cleveland Indians

White Sox

What: Cleveland Indians vs. White Sox  
Where: U.S. Cellular Field  
When: 7:11 p.m. Tuesday, Aug. 9

Once upon a time, a series between these two teams would have truly meant something in the Central Division. Those days are gone. But, with mortal enemies White Sox and Cleveland Indians beginning their series on Tuesday, it's one of those "moral victory" series that fans can't get enough of.

Hey mom, look what I can do

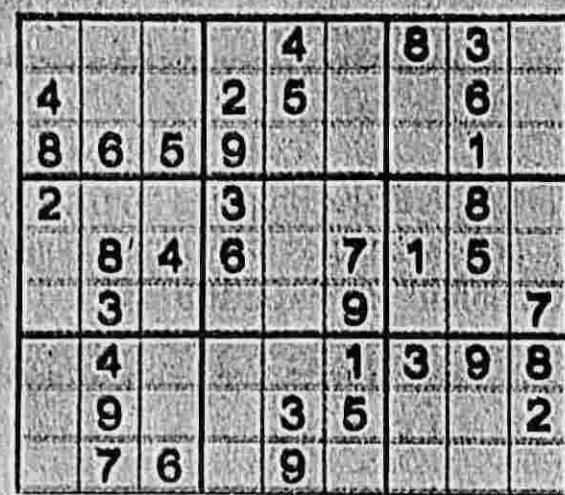


Motorcross racers jump over the track and entertain crowd members at the Lake County Fair. The fair hosted pro motorcross races July 25 and 26 this year.

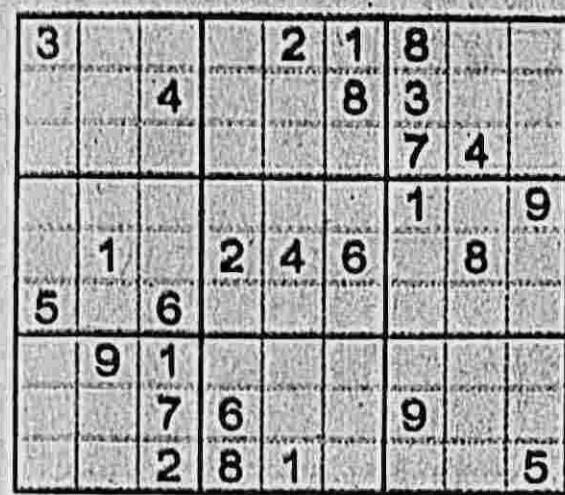
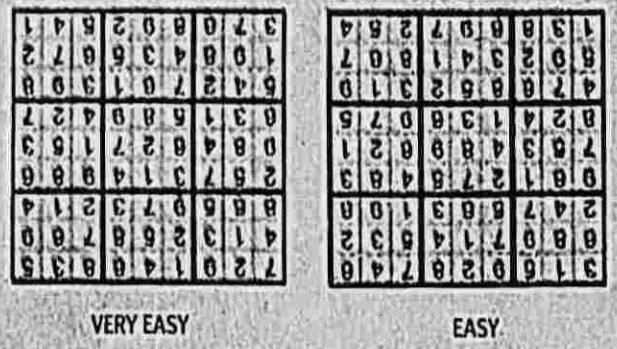
Annie Christie - achrstie@nwnewsgroup.com

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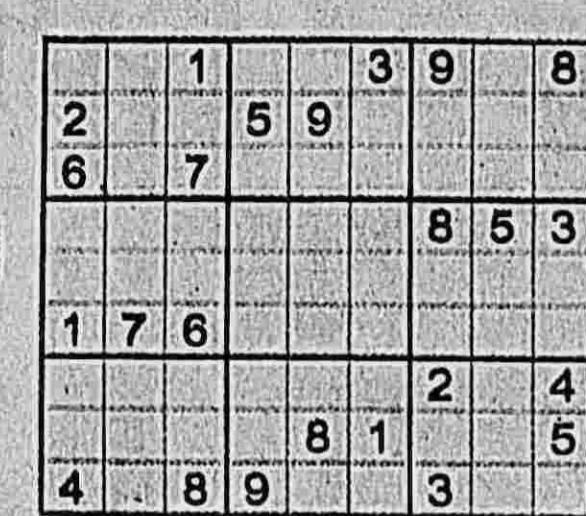
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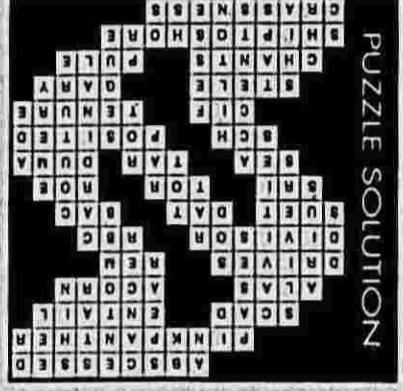
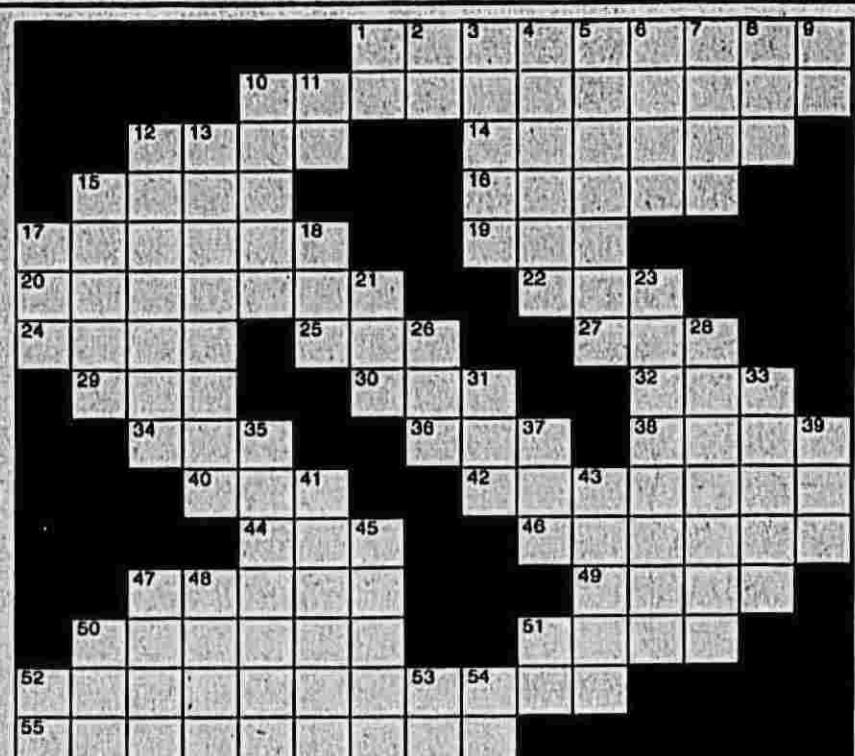
## ACROSS

- Infected inflammation
- Inspector Clouseau movie "The"
- Any of several carangid fishes
- A way to make possible
- Expression of sorrow or pity
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- Radioactivity unit
- You divide a number by it
- Corpuscle count (abbr.)
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- Old Austrian monetary unit (abbr.)
- De \_\_\_\_\_: not withdrawn
- Cost, insurance, and freight (abbr.)
- Employ for life
- Ancient stone slab bearing markings
- Hart, politician
- Intones
- Whine
- Maritime radio
- An unrefined quality

## DOWN

- Article
- Berkelium
- A stalk of asparagus
- Fourth sign of the zodiac
- Buries
- Featured performer
- Leg bone

## CROSSWORD



Puzzle Solution

- Snake-like fish
- Physician's title (abbr.)
- Bullfighting maneuvers
- Potato state (abbr.)
- Cuts thin
- Decayed areas in teeth
- Sea catfish genus
- Tooth caregiver (abbr.)
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- Common rodent
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- Abrasive mineral
- Regional speech patterns
- Decompose
- Sweet fruit juice beverage
- Hotel chain
- Proceed without interruption
- A broad horizontal band

## &gt;&gt; Horoscope

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Your desire for freedom and chances to explore creative endeavors is met with opposition, Leo.

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Work issues are affecting your home life and relationships, Virgo.

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Libra, open up communication channels with the

ones you love.

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voice your opinion.

## CAPRICORN - Dec 22/Jan 20

Focus your attention on relationships, Capricorn, because your romantic life needs a boost.

## AQUARIUS - Jan 21/Feb 18

Aquarius, there might be some miscommunication this week, and you'll feel as though you are being deceived.

## PISCES - Feb 19/Mar 20

Pisces, you are feeling a distinctive pull in regards to spending time at home and being out.

## ARIES - Mar 21/Apr 19

You have more energy at your disposal, Aries. Let go of the drama of past weeks.

## TAURUS - Apr 21/May 21

Taurus, emphasis on your money houses and

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## GEMINI - May 22/Jun 21

Gemini, this week begins a time of focus and renewal. Use this time to get organized.

## CANCER - Jun 22/Jul 22

Your career becomes important this week, Cancer. You will be expending more energy.

## Total Furniture

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>> ElementsOf  
TheRidiculous

Jana  
Thompson

## Home search

I learned something this month.

When you are surfing descriptions of homes for sale on the Internet, every sentence that ends in an exclamation point seems to be a diversion tactic.

In move-in condition!  
Carpeting! Toilets!

Jana Thompson is a columnist for the Northwest News Group. She can be reached at [jthompson@nwnewsgroup.com](mailto:jthompson@nwnewsgroup.com). To read Jana's full column, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and select "columnists" under the LakeLife section.

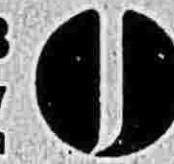
>> LesOnLife  
Renovation time

In this week's online column, Leslie Werner writes about the craziness caused by a kitchen renovation at her home. To read the column, go to [LakeCountyJournals.com](http://LakeCountyJournals.com) and select "columnists" under LakeLife.

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**TRIATHLON:** Adults and children compete at the Wauconda triathlon in events such as running and swimming. **PAGE 8B**

**DEMOLITION DERBY:** Demo derby contestants will tell you there is more to derbies than just smashing up cars. **PAGE 9B**

**NASCAR THIS WEEK:** Dropping from second to ninth in the point standings has Jimmie Johnson on the "who's not hot" list. **PAGE 10B**

## >> SideLines


 Daniel J.  
 Patrick

## Adults must motivate good sportsmanship

American youth sports is at a crossroads. With the glory days of old little league teams not so far behind us and with AAU basketball and youth football currently exploding, it's difficult to find the line between good extra-curricular sports and too much.

Youth football in particular has received a lot of attention because of horror stories of parents tackling youth players, ordering children to hurt others and other horrors. Even youth coaches have received a bit of this blame with their own problems.

Author Chris Tateo has written a book about this issue entitled "The Competitive Parent." While his Web site could use a little proofreading, Tateo's message is a very important one.

"I wrote this book to give coaches and parents a new perspective of how they can create a stress-free youth football environment," Tateo said in his Web site. "When used correctly, the innovative techniques in this book can help readers manage players, motivate players, organize practice sessions, and deal with the intangibles surrounding the youth football experience."

This sounds like a heady goal, but a noble one nonetheless. As ex-athletes grow older, we often forget how difficult it was to deal with a red-faced psychopathic coach in our past. Instead, it turns into a fond memory of how crazy some coach was.

As for current coaches, the goal should be to avoid being that coach in your players' memories. As I recently spoke with another former player who coached youth football, we both agreed that children shouldn't be coddled on the football field. But there is a big difference between coddling and disrespect to the child and this difference is an issue Tateo speaks about in his book.

"From those old youth-football days, I still carry with me a philosophy that I gained as a kid struggling to understand football: I told myself back then that if the coach would only show us more compassion and patience, we would probably learn more about the game," Tateo wrote.

Youth sports, and especially youth football, can send those of us spiraling back to the days when we suited up. With their tiny little pads and helmets, youth players are like miniature versions of ourselves in the past. Maybe we should learn to treat ourselves a little better.

• Daniel J. Patrick is the sports editor for the Lake County Journals. Write to him at dpatrik@nwnewsgroup.com.

## >> TruckAndTractorPull

# Full speed ahead

## Truck, tractor pull tradition lives at Lake County Fair

By DANIEL J. PATRICK  
 dpatrik@nwnewsgroup.com

GRAYSLAKE — Thick, black smoke is billowing from shining chrome exhaust stacks as gleaming tractors are fighting up to 20 tons and dirt is thrown into the air. As the tractor's tires fight for traction and hundreds of fans cover their ears as the engines bellow against the weight for 300 feet.

There, it all stops.

That's the world of the tractor pull, and plenty of fans packed the stands last weekend at the Lake County Fair to check it out.

As hundreds of miles of once-fertile Lake County land is being covered with roads, malls and subdivisions, the fair showed that one of rural life's most treasured pastimes are still alive and well.

"I grew up on a farm and I always loved the power of tractors. I watched tractor pulls when I was a kid, and a neighbor pulled and he even let me drive a few [pulls]," Wally Wiese, owner of "Vi-Agri King" tractor said. "It's whatever you grew up with. If you grew up around cars, you're going to love customizing cars and it's the same thing with tractors."

Across the country, there are multiple tractor pulling organizations, including the American Tractor Pullers Association, the National Tractor Pullers Association and the Empire State Pullers in New York. There are even tractor pulling associations around the world, like the European Tractor Pulling Committee, Australian Tractor Pullers Association and the Brazilian Tractor Pulling Association.

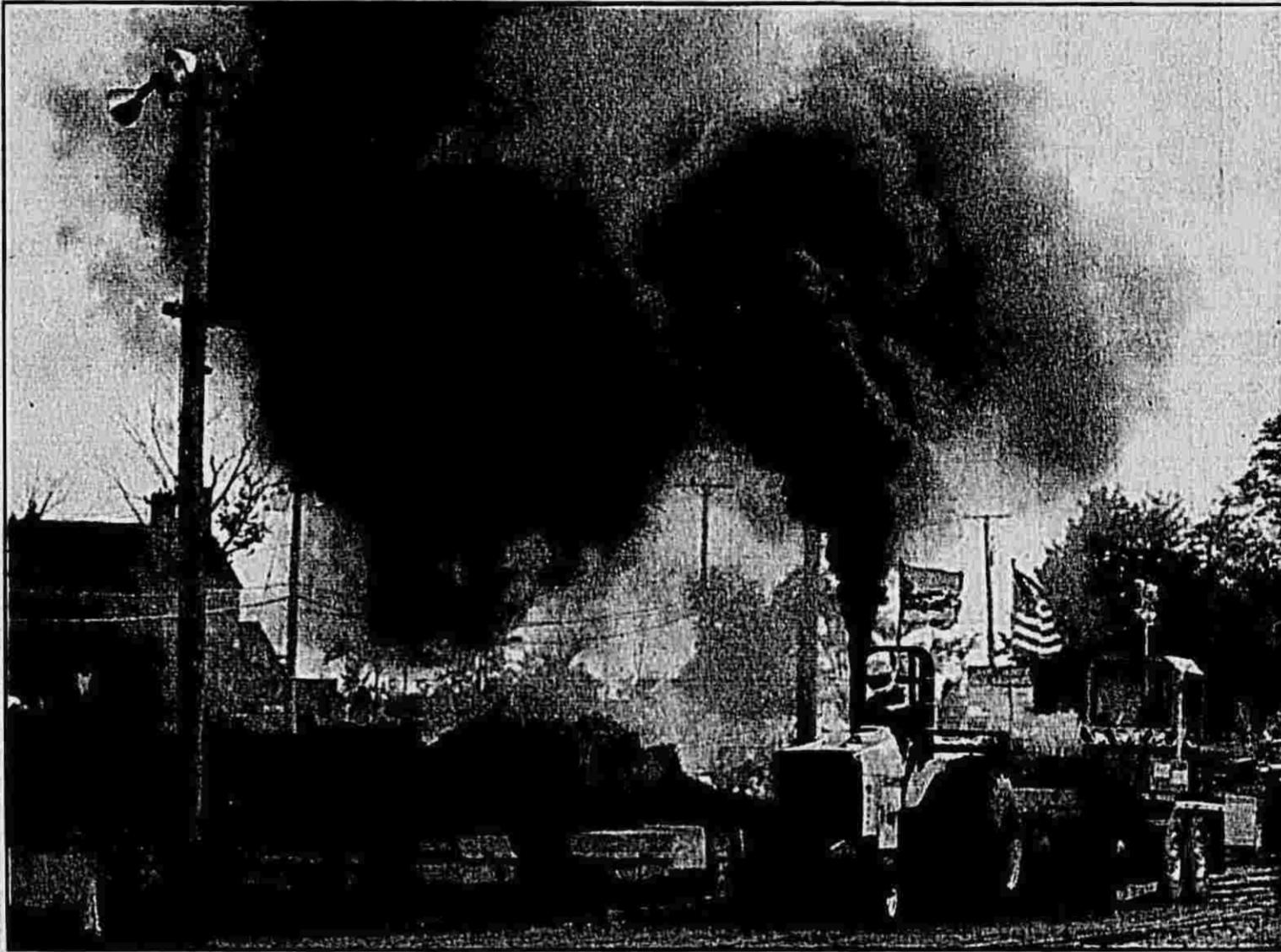
Many of the serious competitors try to pull everywhere. Just after the Lake County Fair tractor pull, most of the pullers hightailed it out of town to Union Grove, 140 miles away to take part in another pull that night.

"In an average summer, you get about 60 pulls in," Wiese said. "Yesterday, I was in Goshen, Ind., doing a pull. You go everywhere all across the country doing pulls and that's part of the reason why it's so much fun."

### From beast to treasured competitor

Competitors said, 10,000-horsepower tractors started out as run-of-the-mill machines most people see plowing the fields. From there, the machines go through more transformations than Optimus Prime.

"I started with a normal farm tractor and I just kept tuning for the last 25 years," Mark Stuckmann, tractor competitor said. "It was just out of the field when I started swapping out parts and seeing what works. You just keep doing it and you learn by trial and error."



Mark Stuckmann pulls his rig during the Lake County Fair Truck and Tractor Pull.



Mark Stuckmann pops a wheelie during the Lake County Fair Truck and Tractor Pull.

Annie Christie - achristie@nwnewsgroup.com

You [mess] with the engine, then you mess with the frame, the fuel, and everything gets changed until all you have left is the body of the tractor and a handful of original parts left.

Mark Stuckmann

Trunk and Tractor Pull competitor

" "

"By now, I've spent into the six figure range getting my tractor to where it is now."

Most pullers estimated that their tractors could easily bring in at least \$10,000 on the auction block with all of their modifications. To put the amount of mods in the average pulling tractor into perspective, Stuckmann's tractor engine originally produced about 120 horsepower; he said. Fifteen years, a 50 p.s.i. turbo and a bunch of modifications later, it's pumping out about 1,000 ponies.

"It's like an addiction. When you start molding, it all just snowballs," Stuckmann said. "You [mess] with the engine, then you mess with the frame, the fuel, and everything gets changed until all you have left is the body of the tractor and a handful of original parts left."

Stuckmann likened his tractor to the import car craze that has gripped the nation for years.

"It's sorta like all that car modding that's going on nowadays,"

Stuckmann said. "Why would anyone spend \$25,000 on parts for a \$5,000 car? It's because you love it."

### Tractor? Who needs a tractor?

At the Lake County Fair and many other tractor pulling competitions, there are many classes with pulling contests. Most of the pulling contests don't even involve tractors at all.

Semitrailers and even heavily-modified diesel pickup trucks also competed at the fair. What sets the semis apart from most of the other competitive classes is that they could not have any modifications.

"[Semis] have got to be able to drive on the road like any other semi on the road," semitrailer driver Sue Sterwald said. "You've got to have a license, insurance and everything else before you can compete in a pull."

"It's sorta like all that car modding that's going on nowadays,"

As it turns out, the trucks don't

even have to be brand-new powerhouses, either. Round Lake semitrailer competitor Trent Blasco drove a black 1978 Mack truck into competition — a truck that was probably older than many of the competition's fans.

Wearing an AC/DC "Back in Black" T-shirt, Blasco wowed the crowd with the truck he restored in his own shop.

"I'm just out to have a little fun and my trucks black, and AC/DC's one of my favorite bands, so I named it 'Back in Black,'" Blasco said. "Mack is notorious for being off-road trucks, so this one was perfect for [pulling] competitions."

What sets Blasco and the rest of the semitrailer pullers apart from the competitors in other divisions is that when they're done, the semitrailers go right back on the street.

"When I'm done pulling, I'll go back to work with the truck and drive it right out of here," Blasco said. "I'm not loading this thing on the back of another truck or anything like that. I drive semis for a living, but I pull with semis just for fun."

## QuickHitters



Nicole Schachner - Libertyville

University of Florida sophomore and former Libertyville Wildcat Nicole Schachner outlasted pro Jena Pearson to win the Illinois Women's Open golf championship last Saturday. Schachner two-putted from 13 feet to take the win at Mistwood Golf Club.



Brad Wisniewski - Wauconda

So it's not quite time for football yet, but that doesn't mean that we can't celebrate the upcoming season. In 2006, Wisniewski rushed for 272 yards in one game for the Wauconda Bulldogs. This year, look for him to cast a big shadow on the Lake County football scene.

To nominate a student athlete for Quick Hitters, please send submissions to Daniel J. Patrick at dpatrik@nwnewsgroup.com.

## GameOfTheWeek



VS.



Cleveland Indians

White Sox

What: Cleveland Indians vs. White Sox  
 Where: U.S. Cellular Field  
 When: 7:11 p.m. Tuesday, Aug. 9

Once upon a time, a series between these two teams would have truly meant something in the Central Division. Those days are gone. But, with mortal enemies White Sox and Cleveland Indians beginning their series on Tuesday, it's one of those "moral victory" series that fans can't get enough of.

Hey mom, look what I can do



Motorcross racers jump over the track and entertain crowd members at the Lake County Fair. The fair hosted pro motorcross races July 25 and 26 this year.

Annie Christie - achristie@nwnewsgroup.com

## &gt;&gt; HometownSports

Fundraiser set for former Wauconda football player

Friends and classmates of Justin Santana are expected to pitch in and attend in good numbers a fundraiser.

The event will be from 5 p.m. to midnight Saturday, Aug. 11, at the Metropol in Wauconda. Santana, a sophomore at Wauconda High School, suffers from blood clots.

"We will have Pez and the dispensers, a bake sale, raffle items such as Curves mem-

berships for one year, and gift certificates," organizer Marge Collier said. "It is rare for that age, but he has to live with it the rest of his life."

He has been treated at Advocate Lutheran General Hospital.

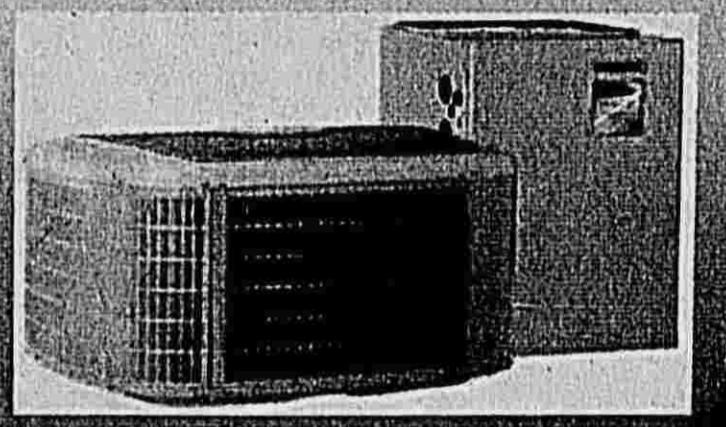
Collier's daughter, Ashley, played football with Justin. She will be a sophomore team member this year.

"He is getting a lot of support from his friends," Collier said.

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## &gt;&gt; Views



**Kevin  
Kaduk**

**Benson key for Bears next season**

**BOURBONNAIS** — Because we're facing an NFL season full of knee-jerk reactions and definitive statements from everyone with a radio show or blog, let me be the first to issue a declaration on this year's Bears.

Cedric Benson will be the key and the biggest barometer of success in the Bears' shot at Super Bowl redemption.

OK, so that's not exactly the mother of all risky predictions. Saying that a running back is important to an NFL team is a lot like saying a truck needs a driver to get anywhere.

In this instance, Benson is even more important to the cause than that. If the Bears want to make it back to the big game and win it, he needs to be one of the 10 best running backs in the league.

But Benson can't suffer from the same affliction from that game in Miami. He hurt his knee in the first half against the Colts and never returned, which produced a shadow of doubt that has followed him to Bourbonnais. That same disappearance can't happen this season, because Benson is the lone plow horse on the Bears' offense.

This year, there's no Thomas Jones to share the carries as well as punishment from opposing defenses. Jones was traded to the Jets in the off-season, mostly because Bears management wanted to hand the franchise to Benson. Now that he has his long-awaited wish, it's time for the No. 4 pick of the 2005 draft to produce.

"We didn't know how things were going to go at the start of last year's camp, so I was prepared to take the lead role," Benson said. "This year, we pretty much know how things are going to go. I'm just getting ready to take on the role and get it started."

In my mind, Benson is a bigger key to the offense than Rex Grossman. For the most part, the Bears know what they're going to get from the quarterback's schizophrenic performances and can game-plan accordingly with a reliable running back and top-rated defense.

So, for now, the only thing I can say about Benson and whether or not he'll become the future of the Bears' backfield comes in two short words that qualify as an early-season statement — he must.

• Kevin Kaduk is the pro sports columnist for NorthWest News Group. Write to him at [kkaduk@nwnews.com](mailto:kkaduk@nwnews.com).

**SPORTS****WEEKLY PLANNER**

TEAM	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		COLUMBUS 7:30 p.m. HDNet, FM-1200 (Spanish)					
	DETROIT 7:30 p.m. WTTW, AM-1690		at Washington 3 p.m. AM-1690		INDIANA 7 p.m. WTTW, AM-1690		
	NEW YORK 1:20 p.m. WGN, AM-720	NEW YORK 2:55 p.m. FOX, AM-720	NEW YORK 7:05 p.m. ESPN, AM-720	at Houston 7:05 p.m. CSN, AM-720	at Houston 7:05 p.m. WGN, AM-720	at Houston 7:05 p.m. CSN, AM-720	at Houston 7:05 p.m. WGN, AM-720
	at Detroit 6:05 p.m. WCIU, AM-670	at Detroit 6:05 p.m. CSN, AM-670	at Detroit 12:05 p.m. CSN, AM-670		CLEVELAND 7:11 p.m. WCIU, AM-670	CLEVELAND 7:11 p.m. CSN, AM-670	CLEVELAND 7:11 p.m. CSN, AM-670
	at Great Lakes 7:05 p.m. AM-1280	at Great Lakes 7:05 p.m. AM-1280	at Great Lakes 3:05 p.m. AM-1280	at Great Lakes 3:05 p.m. AM-1280	LANSING 6:30 p.m. AM-1280	LANSING 6:30 p.m. AM-1280	LANSING 6:30 p.m. AM-1280

## &gt;&gt; Wauconda Triathlon

**A family filled event**

Candace H. Johnson - [wjnews.com](http://wjnews.com)  
Participants in the 2nd annual Wauconda Triathlon walk out of the water after their 0.5-mile swim in Bangs Lake. The triathlon took place on July 28 and 29.

**Adults, kids compete at Wauconda Triathlon**

By STEVE PETERSON  
[speterson@nwnews.com](mailto:speterson@nwnews.com)

**WAUCONDA** — Aaron Lidawer and his dad, Dan, have a summer vacation trip planned via bicycle to go from St. Louis back home to Highland Park.

One of their warm-up events was the July 28 Youth Wauconda Park District Triathlon. Lidawer emerged as the overall winner out of a field of about 100 participants.

Regardless of the season, participants said the ingredients for a good triathlon are always the same.

"It is hours of training and going harder and eating right. It's the fun of being in the field. You work hard, and it's good for your heart," Aaron said. "I led through the bike, but lost some time in transition."

tion changing shoes."

Last year, he and his dad rode from Davenport, Iowa to home after a triathlon. But it's all worth it to both Lidawer men.

"It's a good time and the sport that he loves," Dan said. "We map it out carefully. It is good because it teaches him a healthy respect for the terrain, more than you would get zooming past in a car."

But with 100 participants in last week's Wauconda Kids Triathlon, there were definitely more participants besides the Lidawers. Several families cheered on their youth carrying signs at the finish line at Cook Park.

Melissa Goldbach, of Lake Zurich, was happy to compete in the swim, bike and run morning.

The Rogers family had three contestants, ages 7, 9

and 14. Garrett, 14, used the event to prep for football practice at Wauconda High School. He said biking was his best portion.

Organizers said the event went without a hitch July 28. For many volunteers, it was back for the next day's adult event, reporting at 5:30 a.m.

"Quite a few families will do both," Wauconda Trustee Mark Knigge said.

Wauconda resident Erica Miller, 7, was all smiles after receiving her second-place medal in the 7-8 age bracket.

"She did well," her dad, Gregg, said. "She's a good swimmer. She was all pumped."

**Adult spring triathlon**

Jeremy Klein, of Clarendon Hills, hopes the triathlon season in Chicago will assist him in landing a spot on the Miami of Ohio University swim team. He starred as a swimmer at Hinsdale Central.

"This is my sixth one," Klein said. "I also will be at the national triathlon in Colorado. I started to do triathlons at age 16, just for fun."

Mary Ann Butzke, 61, does not mind waking up at 3:30 a.m. Sunday to make the trip from Batavia to Wauconda for the park district's spring triathlon.

"I have done six and have three more sprint triathlons to go," Butzke said. "I would rather than train."

Jim O'Neill, 52, was one of the first finisher of the race.

"It felt pretty good," O'Neill said.

Competitors praised the course for the .5-mile swim in Bangs Lake, 15-mile bike ride and 3.1-mile run through the Wauconda countryside.

"It was nice that the streets were closed," said Jay Bruhl. "Going uphill on the bike was the hardest part."

Mary Ann Greco, of Wauconda, competed in the swim relay.

"It is a wonderful race. I decided to do it for something different," Greco, 73, said. "The water was pretty clean. I swim all year for Shau Swim Club of McHenry."

**FALL LEAGUE OPENINGS****Men**

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Friday Mens 6:30pm 5 Per Team  
Sunday Hangover 10:00am 3 Per Team

**Women**

Monday Night 7:00pm 4 Per Team  
Thursday Night 7:00pm 5 Per Team

**Mixed**

Monday Night 7:00pm 4 Per Team  
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&gt;&gt; Demolition Derby

# Demolition derbies bring more than destruction

Residents explain why they love destroying decrepit cars

By DANIEL J. PATRICK  
dpatrik@nwnewsgroup.com

GRAYSLAKE — Some people can't see the art in twisted metal contraptions as they smash into each other. Some can't see the art in flying mud, billowing smoke and a gladiator-like automotive fight to the death.

Some people aren't Grayslake native Steve Kipp.

Demolition derbies have long been a part of Kipp's life, and he just can't seem to get away from them.

"My dad got me into cars and he raced in the 1960s. This sort of thing just gets in your blood," Kipp said. "I love it. It's so much fun when you get out there. But it takes a lot of work to get the cars ready."

#### Building for destruction

Kipp's not kidding when it comes to the work that goes into the average demo derby car. When the door falls off that green car in the Liberty Auto Wreckers commercial — that's about when the demolition derby driver comes in. Demo derby jockeys take discarded cars and modify them in a way that most people never would think to.

A good spray paint job will out-shine a dwindling paint job on a car, and that's about where the traditional modification ends. Then the fun begins.

From the frame to the bumper to the tires, parts are strengthened so the car can withstand the demolition derby abuse. Tires are "double-bagged" with a skinny tire inside and heavy-duty snow tires on the outside.

According to the Demolition Derby Drivers Association Web site, there are essentially two types of cars: ones made before 1977 and ones made afterward. Prior to 1977, American cars were like tanks thanks to

most parts being made of heavy steel. Afterward, cars used fiberglass and other, lighter metals that are great for trimming weight off the car for normal use, but horrible in a demolition derby.

"You want cars made before [1977]. That's why there's no cars in the Supermodified classes anymore because there just aren't that many cars from the '70s," Round Lake Beach's Jim "Big Jim" Dahm said. "That's why there are plenty of cars in the '80s class, because you just don't find '76 Chevy's anymore."

Some drivers said, even if the car's totally destroyed, there's still no problem cutting losses or even making money.

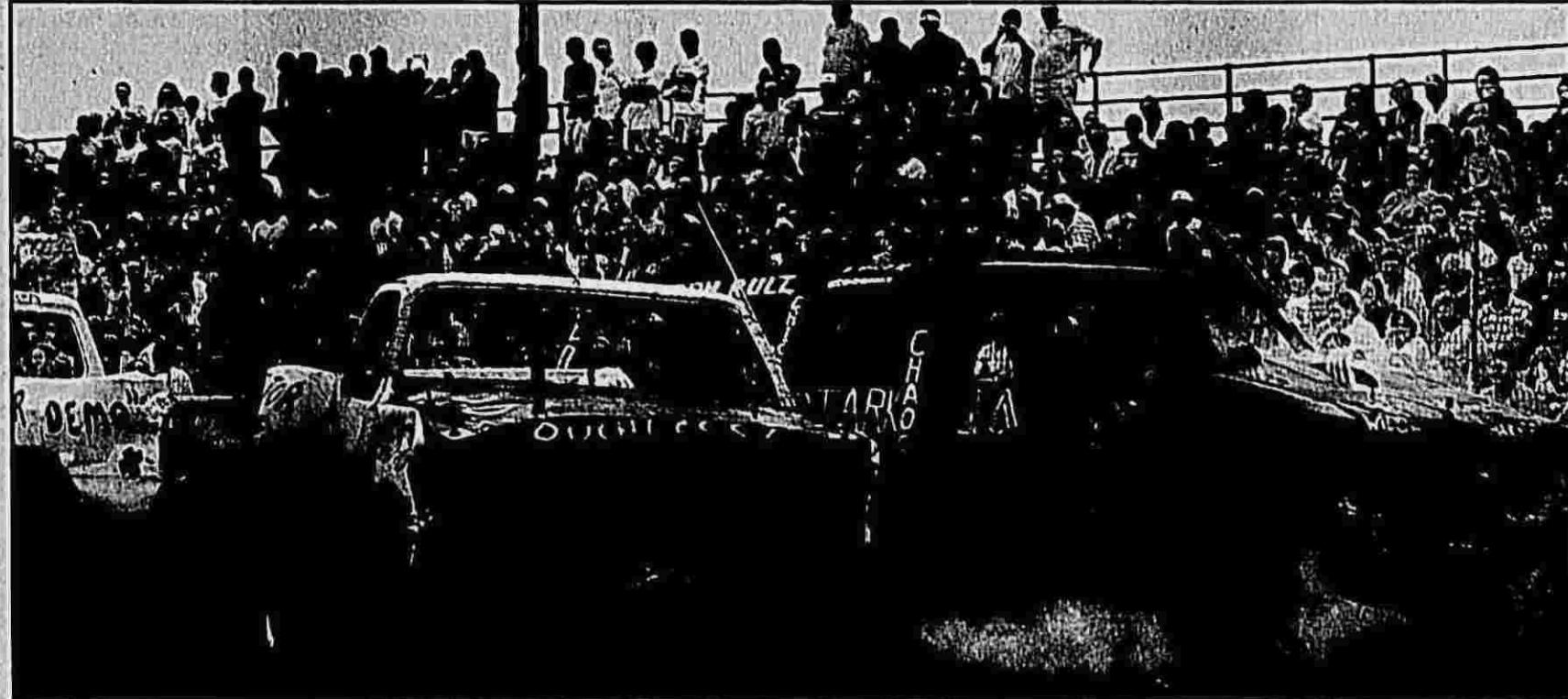
"You may spend \$100 for the car, maybe make a little money in the derby and then you can sell the radiator and get \$150 for the scrap metal," Round Lake's George Bumba said. "I reuse every part I can except for the body, so even if you don't win, it's not the end of the world because you can sell it all for scrap."

#### Addiction to derbies

Many car enthusiasts pour their last cent and every last drop of sweat into their automobile. While their cars might look like rolling death machines from a "Mad Max" movie, demolition derby drivers suffer from the same car addiction that more mainstream enthusiasts do.

"I've been doing this for over 20 years, and once it's in your blood, you've just got to do it," "Big Jim" Dahm said. "I've put in about 60 to 80 hours of work into my car just so I can wreck it."

But Bumba has used his addiction to driving to get over some more destructive addictions in his life. Bumba, who won the Lake County Fair supermodified competi-



Annie Christie - achristie@nwnewsgroup.com

**Demolition Derby cars crash into each other during the Lake County Fair. Drivers competed two days last weekend in multiple derbies.**

**“**

Sometimes you want to kill the guy, sometimes you want to play it like a game. It really depends on what mood you're in.

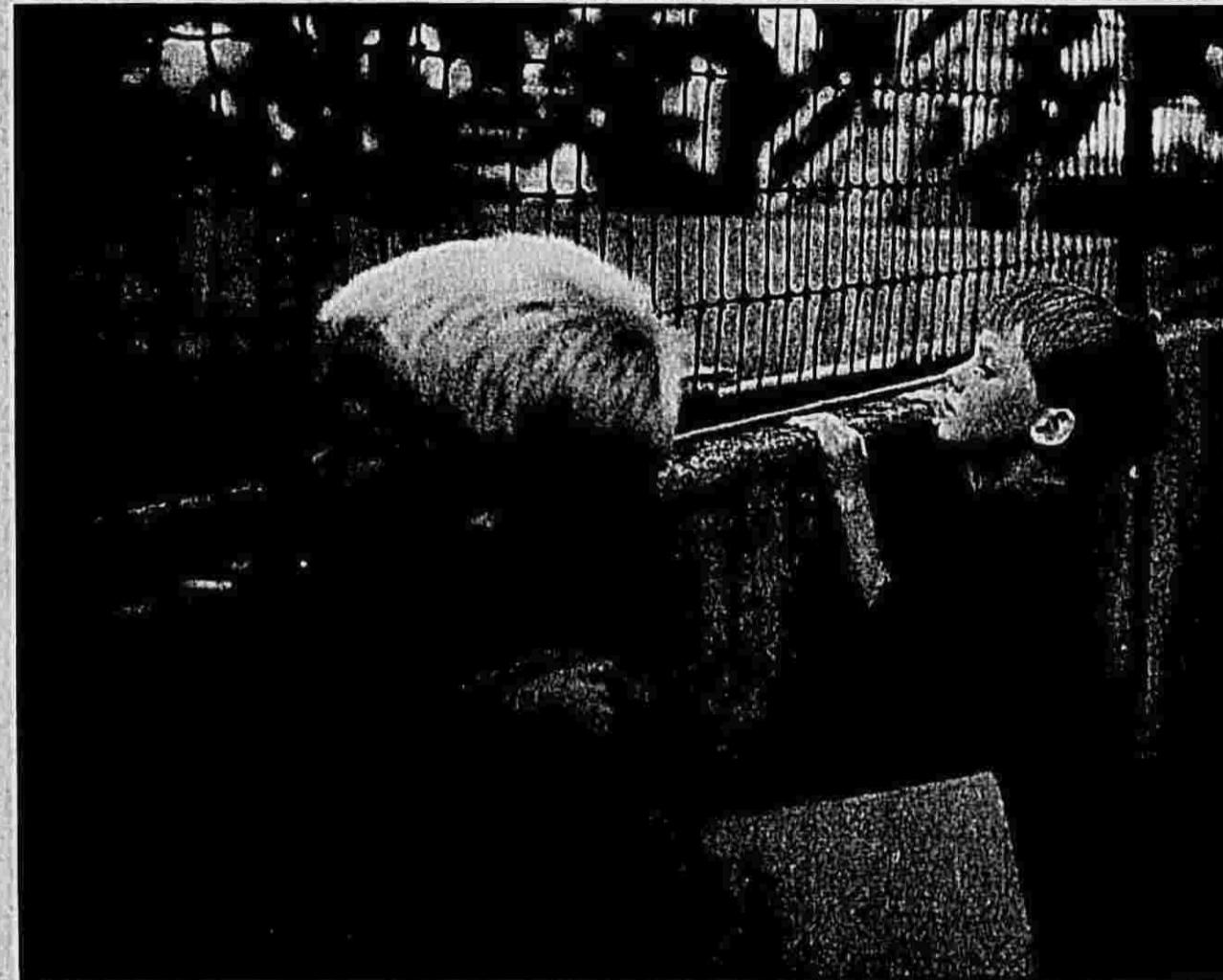
**Steve Kipp**  
Demolition derby competitor

**”**

tion thanks demolition derbies for giving him something constructive to do.

"I quit drinking and I kept it up by working on demo derby cars," Bumba said. "It's a blast, it's such an adrenaline rush to just go out there and slam into people."

Even Bumba's daughter, Cari Else, has gotten into the game as a member of the Disturbed Demo Crew. Her slogan, "Hold my purse while I wreck your car," lined up the men while her driving beat them down. A week before her father's victory, she won her own demo derby of her own in a pink 1984 Ford Crown Victoria. But her reason for getting in the game came for a higher purpose than simply following in her father's foot-



Annie Christie - achristie@nwnewsgroup.com

**Two boys watch cars crash into each other at one of the demolition derby competitions at the Lake County Fair in Grayslake.**

steps.

"My husband's been doing it for 10 years, then he came down with brain cancer, so he had to stop," Else said. "But now he builds 'em and I wreck 'em."

It might be a blast, but running into people at high speeds still has its aches and pains that come with it. But for all of the derby competitors, it's well worth the trouble.

"Sometimes you want to kill the guy, sometimes, you want to play it like a game. It really depends on what mood you're in," Kipp said. "It's fun, but we'll see how I feel tomorrow."

practice field.

All athletes must have completed eligibility forms turned into the athletic office before they can begin practice. Any questions, call the athletic office, at (847) 526-6611, ext. 112.

#### >> HometownSports

##### Fall sports physicals, practice times set for Wauconda

Athletic physicals for Wauconda High School athletes will take place at 5:45 p.m. Monday, Aug. 6 at the Wauconda Middle School. Cost is \$20, but the sports physical does not cover the state requirement for incoming freshmen.

The following are the first practice times and sites:

**Football:** begins at 7 a.m.

Wednesday, Aug. 8 at 7 a.m. for varsity and sophomores and 4 p.m. for freshmen. Athletes are to report to Wauconda Middle School.

**Volleyball:** begins Monday, Aug. 13. Starting times for all levels is 9 a.m. to noon. All levels are to report to Wauconda Middle School.

**Boys soccer:** all levels will begin from 7 to 10 a.m.

Wednesday, Aug. 8. Players are

to report to Chiefs Field on Route 176 and Anderson Road.

**Girls tennis:** all levels will begin at 8:30 to 10:30 a.m. Monday, Aug. 13 on the tennis courts at the high school.

**Golf:** begins from 8 to 10 a.m.

Wednesday, Aug. 8. Athletes meet at the high school batting cage area.

**Cross country:** begins at 8 a.m. Monday, Aug. 13. Athletes are to report to Wauconda Area Public Library parking lot.

**Poms:** meet at 9 a.m. Monday, Aug. 13. Athletes are to report to Robert Crown School gymnasium.

**Cheerleading:** meet at 9 a.m. Tuesday, Aug. 7. Athletes are to report to Robert Crown School



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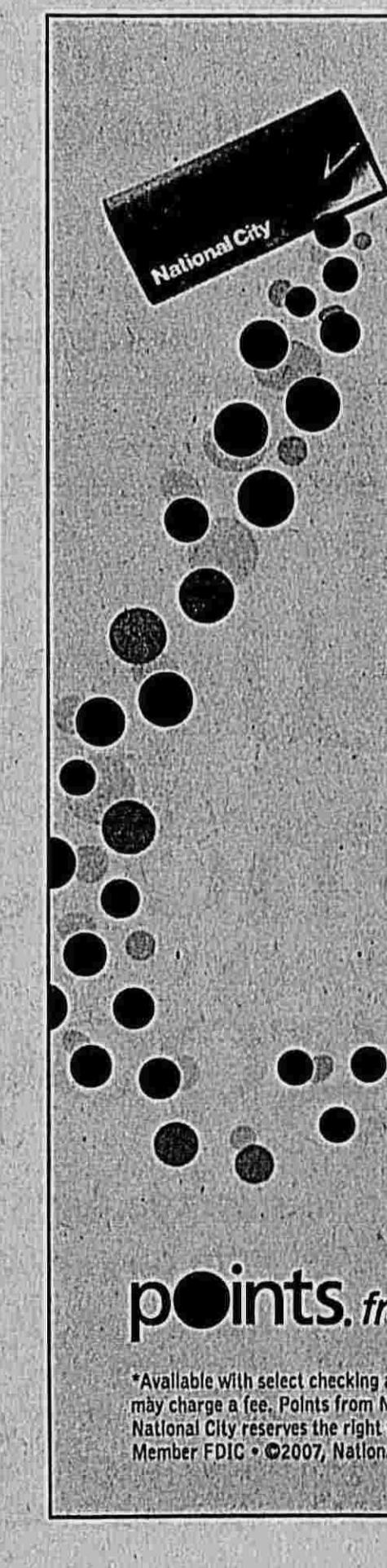
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## NASCAR THIS WEEK

WHAT'S UP NEXT

## NEXTEL CUP SERIES

- Race: Pennsylvania 500
- Where: Pocono Raceway, Long Pond, Pa. (2.5 miles), 200 laps/500 miles.
- When: Sunday, Aug. 5
- Last year's winner: Denny Hamlin
- Qualifying record: Kasey Kahne, Dodge, 172.533 mph, June 11, 2004.
- Race record: Rusty Wallace, Ford, 144.892 mph, July 21, 1996.
- Last week: Tony Stewart won the Allstate 400 for the second time, outduled Kevin Harvick, held off Juan Pablo Montoya and cheerfully assaulted the sensitive ears of America with a word that can't be said on TV. In short, for Stewart, it was a perfect day. The word, a compound version of the one famously uttered by Dale Earnhardt Jr. In 2004, was the new

addition to the Stewart repertoire. He wins, he climbs a fence ... and now he cusses. The two-time champion — that's the NASCAR championship and the Brickyard now — is genuine, original, irreverent and charming. In Stewart's mind, Indy is shy of heaven; exceeded only because heaven can be achieved only once and he can race at the Brickyard every year. When Harvick surprisingly seized the lead, Stewart said: "I thought, man, this may or may not happen." It's Stewart's job to be worried, but there was no realistic way Harvick was holding that lead. It took Stewart, playing irresistible force, 10 laps to wrest the lead away from immovable object Harvick.

## BUSCH SERIES

- Race: NAPA Auto Parts 200
- Where: Circuit Gilles Villeneuve (2,709 ml.), 74 laps/200,466 miles. (Montreal)
- When: Saturday, Aug. 4
- Last year's winner: None
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- Race record: First race.
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POCONO DATA

June 10 Aug. 5



Distance: 2.5 mile oval  
Length of frontstretch: 3,740 ft.  
Length of backstretch: 3,055 ft.  
Length of shortstretch: 1,780 ft.  
Miles/Laps: 500 mi. - 200 laps

## THE POINTS RACE

## NEXTEL CUP

1. Jeff Gordon	3,076
2. Denny Hamlin	371
3. Matt Kenseth	377
4. Jeff Burton	443
5. Tony Stewart	452
6. Carl Edwards	494
7. Kevin Harvick	588
8. Kyle Busch	597
9. Jimmie Johnson	607
10. Clint Bowyer	671
11. Martin Truex Jr.	741
12. Dale Earnhardt Jr.	859

## BUSCH SERIES

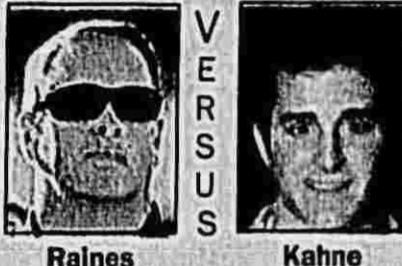
1. Carl Edwards	3,394
2. David Reutemann	852
3. Jason Leffler	947
4. David Ragan*	1,014
5. Kevin Harvick	1,036
6. Bobby Hamilton Jr.	1,087
7. Dave Blaney	1,142
8. Stephen Leicht	1,209
9. Mike Wallace	1,236
10. Marcos Ambrose*	1,279

## CRAFTSMAN TRUCK SERIES

1. Mike Skinner	2,346
2. Ron Hornaday Jr.	77
3. Todd Bodine	246
4. Travis Kvapil	251
5. Johnny Benson	450

\* rookie

## FEUD OF THE WEEK



Raines vs. Kahne

**Tony Raines vs. Kasey Kahne**  
After a crash at the Brickyard, Tony Raines not only said Kahne wrecked him but added that Kahne admitted it afterward. "I went by him so fast on the outside that it got him (Kahne) loose and made him mad, so he said (afterward), 'I figured if I was going, I'd take you with me.' That's what he said to me." Kahne didn't acknowledge it publicly. "I was getting passed and just spun around," he said. "Before I even got to the corner, the back was already gone. I don't know if he was really close to my right-rear corner or what."

**NASCAR This Week's Monte Dutton gives his take:** "It's really impossible to judge what happened other than Kahne's Dodge started to spin without having been in contact with Raines' Chevy."

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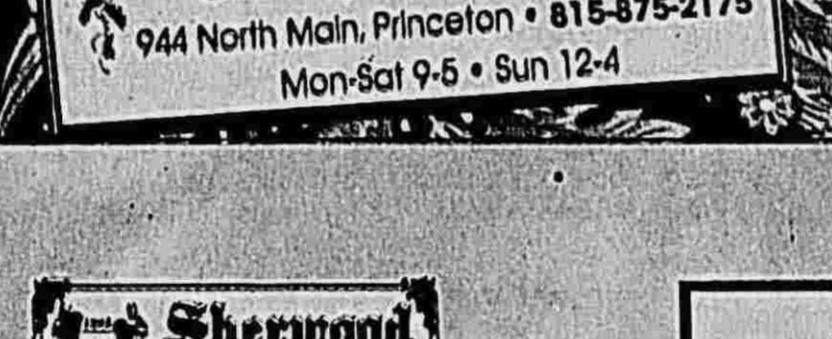
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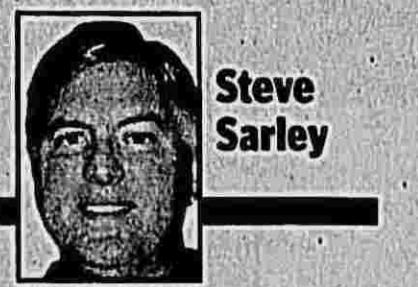
## OutdoorExperience

## These warm summer days can be fun for people, but deadly for dogs

You know they call these hot July and August days the "dog days of summer," but when it comes to man's best friends, these days can be deadly. Right now, more dogs are turned in to kennels than any other time of the year, unfortunately, because of the high volume, many kennels

have to euthanize animals because they just can't handle the volume.

At this same time, there are fewer families that want to adopt dogs. My friend, Patty Ilg, operates Great Lakes Lab Rescue, a nonprofit organization that saves animals from slaughter.



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# Exploring Northwestern Illinois & Eastern Iowa



137th WHITESIDE COUNTY FAIR PROGRAM AUGUST 14-18, 2007 Morrison, IL \$117,231 in Premiums [www.whitesidecountyfair.org](http://www.whitesidecountyfair.org)

55th Annual 2007 CARROLL COUNTY FAIR August 6-11 FOR INFORMATION CONTACT THE FAIR OFFICE 815-225-7444 [www.carrolleofair.org](http://www.carrolleofair.org) ALL EVENTS AT THE FAIRGROUNDS, MILLEDGEVILLE, IL

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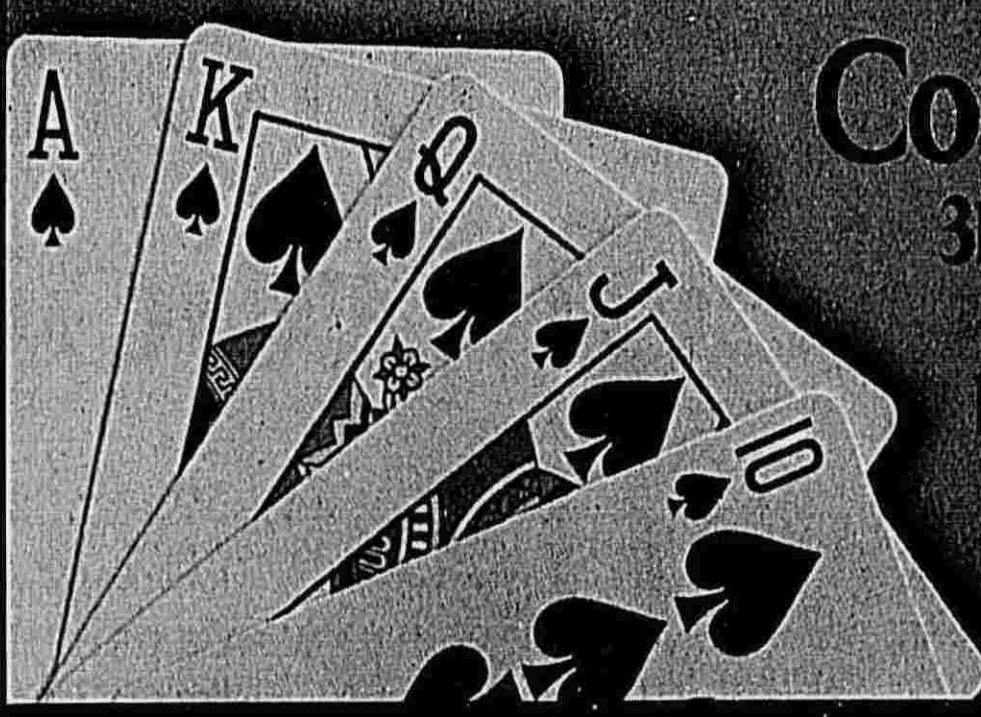
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June 10 Aug. 5

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## &gt;&gt; OutdoorExperience

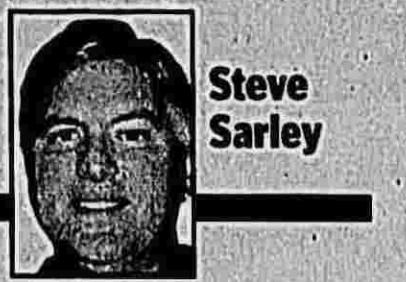
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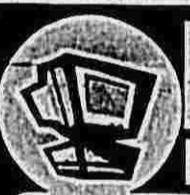
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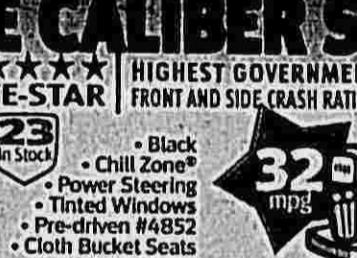
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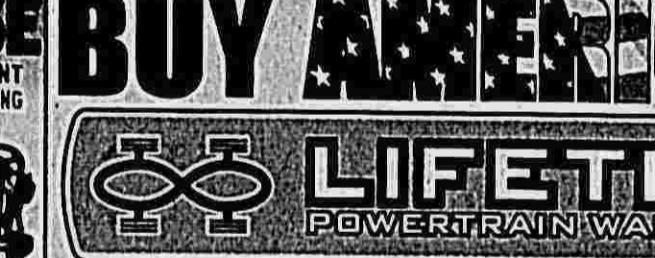
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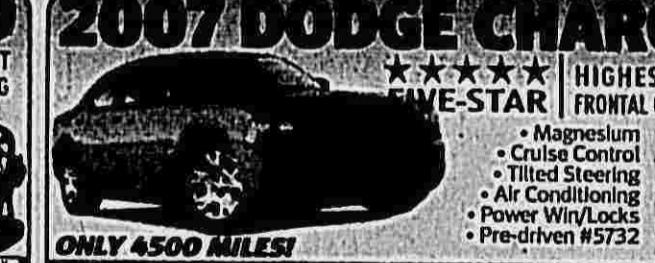
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FOR \$189 34 CASH OR TRADE DOWN



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FOR \$287 59 CASH OR TRADE DOWN



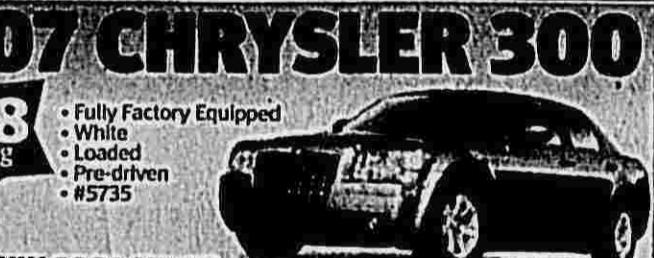
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AUGUST 2007

# relish

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## All ears

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CROWNS  
THE SEASON

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PAGE 4 TEXAS SHEET

CAKE | PAGE 8 JOY

OF NOT COOKING

| PAGE 12 SPANISH

DISHES FOR KIDS |

PAGE 14 MUSSELS

It's August. It's hot. The grill's dirty. But the tomatoes and peppers are glorious. So after you've had your fill of BLTs and eaten your weight in corn chips and fresh salsa, try our no-cook Caprese or Tabbouleh salads (pages 8-9). They rely on great tomatoes and can be tossed together without breaking a sweat. Oh yeah, did I mention corn? When you can reconcile with your oven again, make the Shrimp and Corn Pudding (page 23), a dish of beauty that relies on fresh sweet corn. Stay cool.



Jill Melton, Editor



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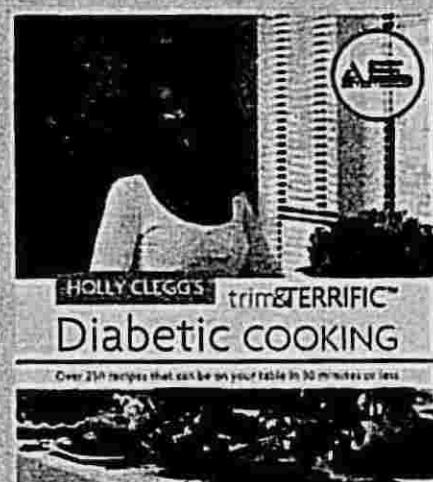
#### You're Invited

Blue Bell Creamery in Brenham, Texas, is celebrating its centennial with a free-rolling birthday party. Makers of the third best-selling ice cream in the country are bringing festivities to communities in the 17 Southern states where it is sold. A chocolate-brown 18-wheeler began its journey in Arizona in January and will stop at 66 locations before ending the tour at Baton Rouge in December. To find out when the truck will be in your town, go to [relishmag.com/bluebell](http://relishmag.com/bluebell)

— Beverly Burmeier

# This and That

AUGUST 2007



#### Holly Go Lightly

There's no shortage of glossy cookbooks authored by chefs and celebrities, which is a bit confounding as most of us are struggling not only with getting dinner on the table but with our weight. What isn't confounding is *Holly Clegg's Trim and Terrific Diabetic Cooking* (American Diabetes Association, 2007). It contains more than 200 recipes that can be on the table in less than 30 minutes. Fat, calories, carbohydrates and diabetic exchanges are provided for each recipe, making it perfect for today's frazzled, time-crunched, aging boomers and their kids, both of whom have record high diabetes rates. Get Holly's recipe for Mediterranean Layered Spread at [relishmag.com/holly](http://relishmag.com/holly)

Cover photo by: Mark Boughton Photography

#### Bulgur

If you've eaten tabbouleh, you've had this Middle Eastern grain. Bulgur is wheat kernels that have been steamed, dried and crushed. It's perfect for summer salads as it needs only a quick 15- to 30-minute soak in hot water—no cooking. It's also one of the best sources of fiber at 7g per 1/4 cup. It comes in coarse, medium and fine grinds. We like the whole grain bulgur by Bob's Red Mill, as it's extra chewy. Use the coarse grind or whole grain for our Tabbouleh Salad on page 9.

**"I made the Crusty Rhubarb Pie for dessert for Father's Day dinner. Everyone loved it and raved about it. I will definitely make it again..."**  
—Patty Bailey (go to [relishmag.com/pie](http://relishmag.com/pie) for recipe)



#### The Golden Rule

Never heat your extra virgin olive oil as heat destroys the fruity flavor. For cooking, use the less expensive pure olive oil or light olive oil, but for salads and pestos, bring out the extra virgin, made from the first pressing of the olives. The color of olive oil reflects the olives it was made from and doesn't signify flavor or calories. In fact, light olive oil is just lighter in color and flavor, not calories or fat.

#### Check Your Local Listings

Part travelogue, part culinary adventure and part farming lesson, the PBS series *Chefs A'Field: Kids on the Farm* features top chefs and their kids who visit farms, fisheries and orchards to learn how food is grown and harvested. Log on to [relishmag.com/chefsafeld](http://relishmag.com/chefsafeld) for information on how to purchase a DVD set and series cookbook.



Chef Michael Mina and kids in the kitchen, part of PBS's *Chefs A'Field* series.

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[relishmag.com](http://relishmag.com)

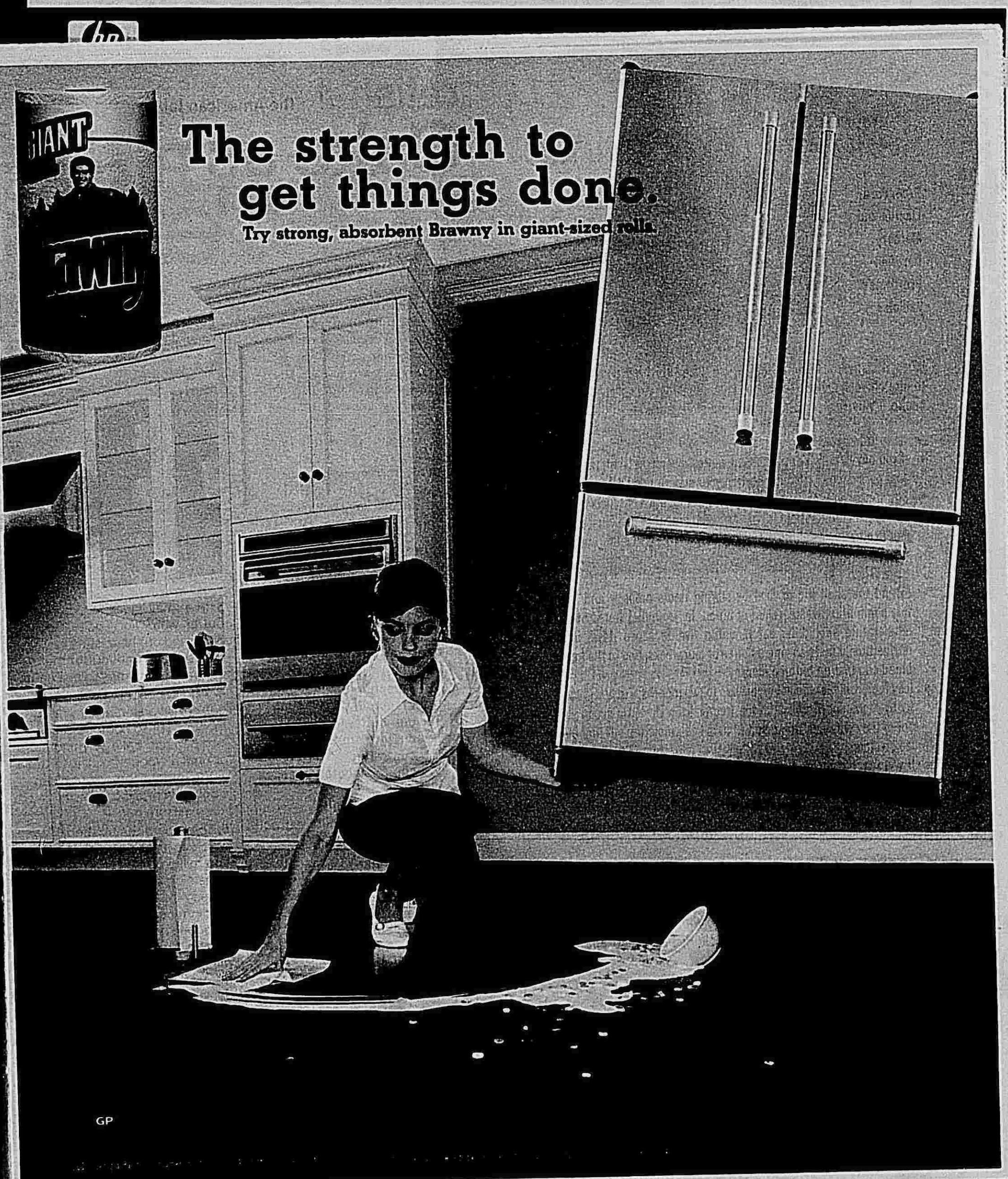
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*Relish* is published by: Publishing Group of America, 341 Cool Springs Boulevard Suite 400, Franklin, Tennessee 37067 Phone: 800-720-6323. Mail editorial queries and contributions to Editor, *Relish*, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Publishing Group of America, Inc. will not be responsible for unsolicited materials, and cannot guarantee the return of any materials submitted to it. ©2007 Publishing Group of America, Inc. *Relish*™ is a trademark of Publishing Group of America, Inc. All rights reserved. Reproduction in whole or part of any article, photograph, or other portion of this magazine without the express written permission of Publishing Group of America, Inc. is prohibited.

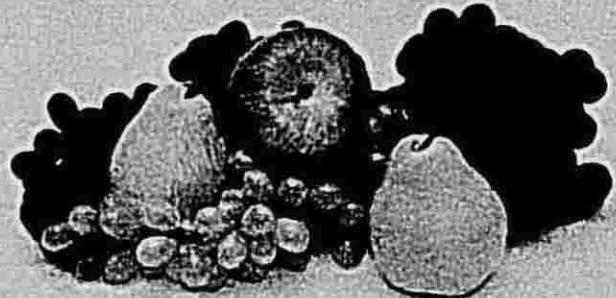


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When it comes to feeding your family, there are tried and true ways to stretch your dollars — without compromising value, good taste or health. Try these smart ways to buy and store groceries.

### ✓ Save When You Buy

- If you buy in bulk, or at wholesale stores, check the shelf tag for the cost per ounce. Is it cheaper than your supermarket's price?
- Buy in-season produce for huge savings. The price of blueberries, for example, fluctuate dramatically from the time they peak in late summer to other times of the year when they are not as readily available.

### ✓ Save When You Store

- Extend the shelf life of food by storing items properly and therefore eliminating waste. A loaf of bread, for example, stored at room temperature should be eaten within five to seven days; in the refrigerator, it lasts as long as three or four weeks; and in the freezer, bread can last up to three months.
- Ice cream will last much longer — up to two months — at a high quality by replacing it quickly to the freezer each time you scoop some out of the container. Doing so will help keep moisture out and avoid ice crystals.
- If you make a recipe that calls for just the yolks or the whites of eggs, don't throw the remaining egg away. Instead, store them in the refrigerator for two (yolks) or four (whites) days and use for omelets and other egg dishes.

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relish | the American table

# Cake as Big as Texas

The first time you eat a piece of Texas Sheet Cake, chances are you'll say to yourself, "This cake tastes familiar." It's a reasonable reaction because Texas Sheet Cake is very closely related to German Chocolate Cake. Both are chocolate cakes covered with a sugary coconut-pecan frosting, but one is baked in layers, and the other in a single pan. Both cakes call for two of Texans' favorite ingredients: buttermilk and pecans. But the sheet cake is infinitely easier to put together; everything for Texas Sheet Cake is stirred together in one large bowl. It's a big old-fashioned cake, easy to transport and a real crowd pleaser. —Jean Kressy



### Texas Sheet Cake

#### Cake:

- 2 cups all-purpose flour
- 1 1/4 cups sugar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup butter, cut into small pieces
- 1 cup water
- 1/3 cup unsweetened cocoa
- 2 eggs
- 1/2 cup buttermilk
- 1 teaspoon vanilla extract

#### Frosting:

- 3 egg yolks
- 1 cup evaporated milk, divided
- 1 teaspoon vanilla extract
- 1 cup sugar
- 1/2 cup butter, cut into small pieces
- 1 1/3 cups flaked, sweetened coconut
- 1 cup chopped pecans

1. Preheat oven to 350°F. Coat a 13-by-9-by-2-inch baking pan with cooking spray.

2. To prepare the cake, sift flour, sugar, baking soda and salt into a large bowl.

3. In a small saucepan, combine butter, water and cocoa. Cook over medium heat, stirring occasionally, until butter melts and mixture comes to a simmer.

4. Add cocoa mixture, eggs, buttermilk and vanilla to flour mixture; stir to combine. Pour into pan and bake 30 minutes or until a wooden pick inserted in the middle comes out clean. Cool on wire rack. Do not remove from pan.

5. To prepare the frosting, whisk egg yolks and about 1/3 cup milk in a saucepan. Add remaining milk, vanilla and sugar. Add butter; cook over medium heat, stirring with a wooden spoon, until it comes to a full boil. Reduce heat to maintain boil and cook, stirring frequently, 7 minutes or until thick. Remove from heat and stir in coconut and pecans. Cool, stirring occasionally, until thick enough to spread.

6. Spread frosting over top of cake. Serves 16.

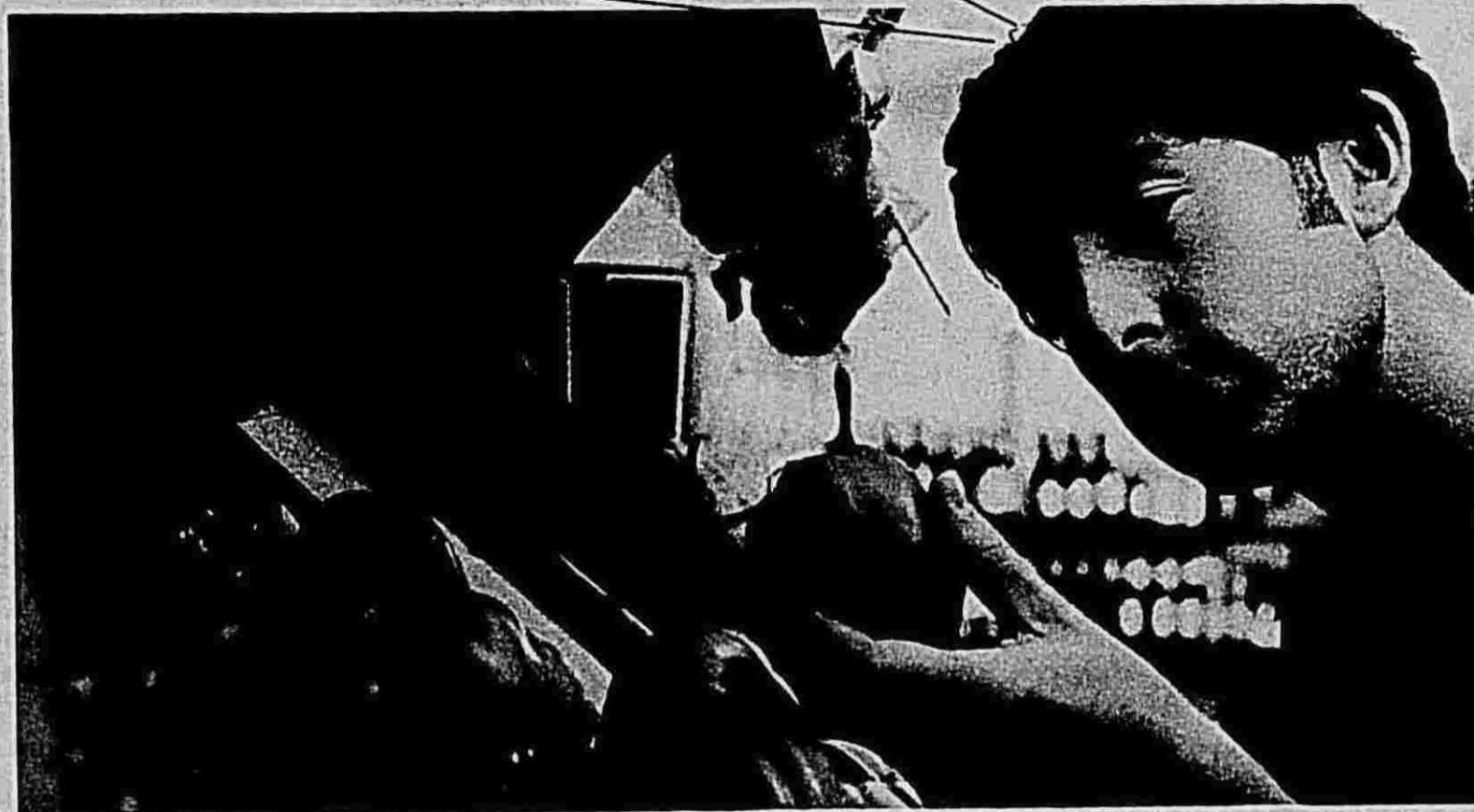
Per serving: 420 calories, 27g fat, 5g prot., 43g carbs., 2g fiber, 250mg sodium.



"This tomato is definitely of the heirloom variety."

"Zero blemishes ... very nice."

"Judging from the texture, it's vine-ripened."



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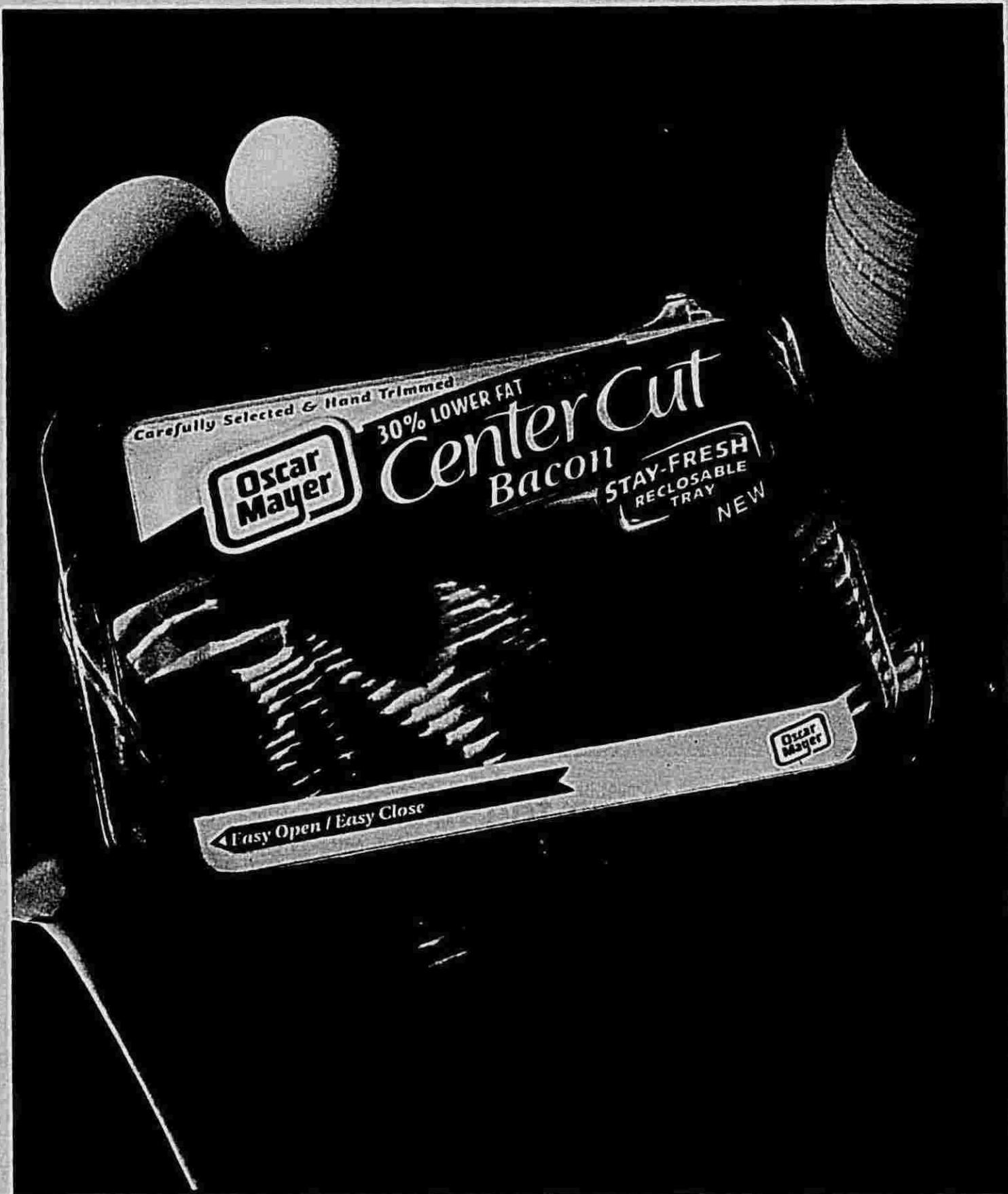
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# relish | cooking with kids

## Veggie U

A GARDEN ON THE OUTSKIRTS OF CLEVELAND AIMS TO REACH EVERY FOURTH GRADER IN AMERICA.

While other boys were down at the swimming hole or playing baseball, Lee Jones was picking green beans and driving a tractor. So by the age of 10, he knew how potatoes are planted, how Brussels sprouts are harvested and the importance of eating your vegetables. Today, he and his family operate one of the country's most successful specialty produce farms for chefs, The Chef Garden. They also are working with chefs nationwide through the nonprofit Veggie U to spread the word to kids about the wonders of vegetables.

Soil (not dirt), earthworms, seeds, grow lights, root view boxes and delicious vegetable samples are just part of their Earth to Table program. This fourth-grade curriculum kit was developed by Veggie U and sent to more than 625 schools across the country last year. Kids follow seeds from the earth to the table as they learn about building a nutrient-rich soil, nourishing their bodies and creating tasty dishes that star vegetables.

Jones laments the fact that we are raising a nation of children who eat less than half the recommended servings of fruits and vegetables each day. But through the work of Veggie U, he and the chefs he caters to are ensuring that more kids know that carrots are pulled from the soil, and green beans are plucked from bushes. And that's what gets kids eating more fruits and vegetables. ♦

By Catharine H. Powers, a registered dietitian and food and nutrition consultant in Medina, Ohio.



Lee Jones

To find out how to bring Veggie U to your kids' school, go to [relishmag.com/veggieu](http://relishmag.com/veggieu)



### Tomato & Cucumber Raita in Butter Lettuce Cups

*This refreshing salad is in the style of an Indian raita or a Greek tzatziki, a chutney side dish. It's a perfect "grab-and-go" salad that kids of all ages will enjoy making and eating.*

**1/2** pint cherry or grape tomatoes  
**2** small cucumbers, peeled  
**1/4** cup nonfat plain yogurt  
**2** tablespoons chopped fresh mint  
**1** tablespoon lemon juice  
**1/2** teaspoon kosher salt  
**4** to 6 butter lettuce cups

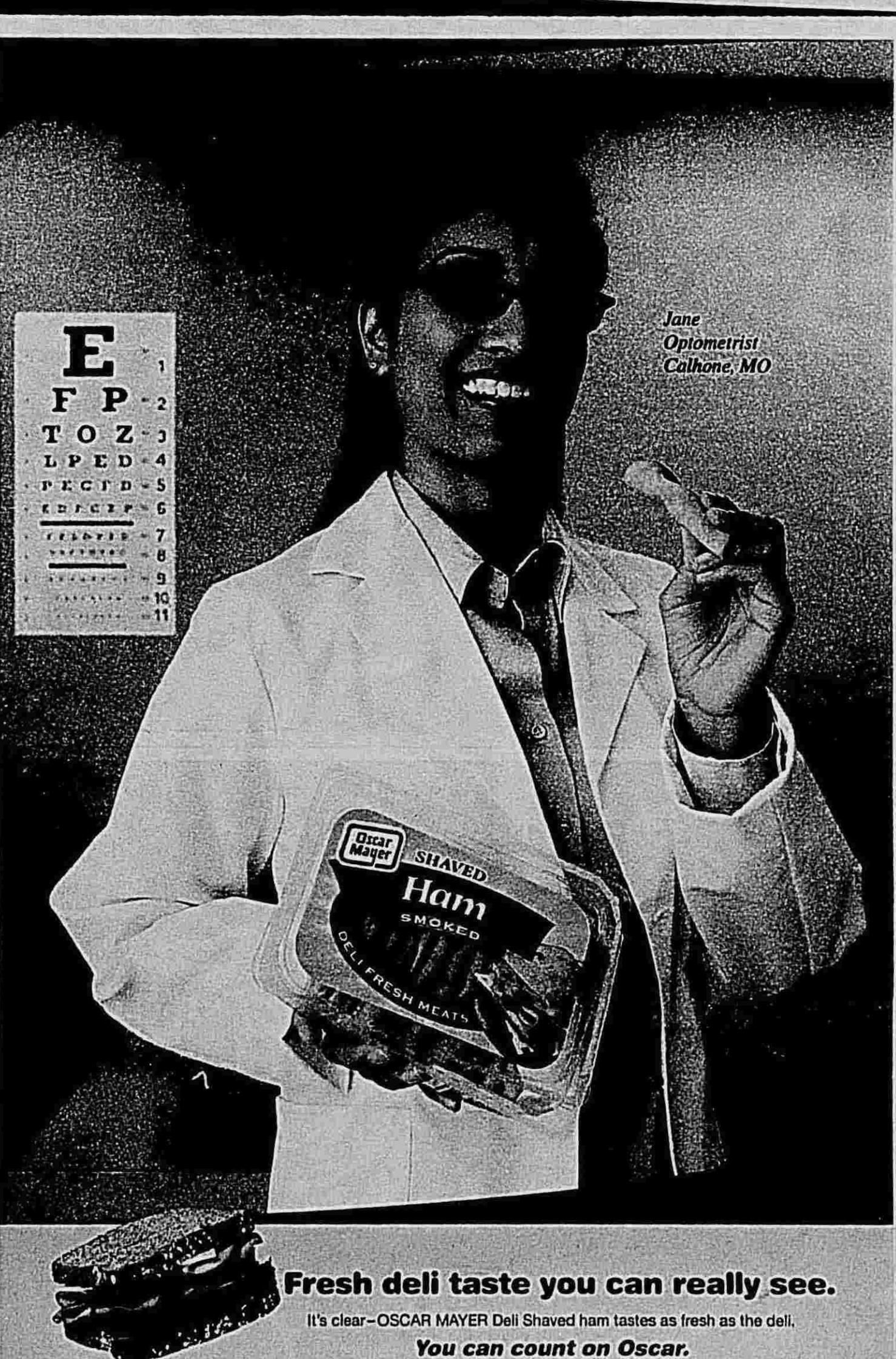
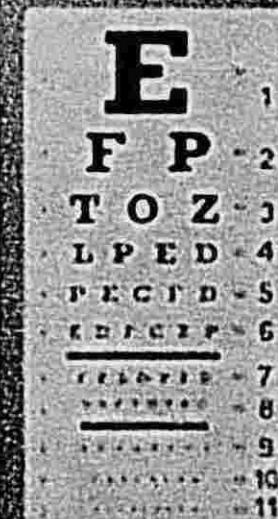
**1.** Wash and dry tomatoes. Cut in half. Cut peeled cucumber into bite-size pieces.

**2.** Combine yogurt, mint, lemon juice and salt. Mix well. Pour yogurt mixture over tomato mixture; toss. Place into washed lettuce cups. Serves 4 to 6.

*Per serving: 45 calories, 0.5g fat, 4g prot, 9g carbs., 2g fiber, 270mg sodium.*

### TIPS FOR HELPING KIDS EAT MORE VEGGIES:

- **Plant a garden together.** From a window box or containers on the deck to a plot in your yard, children love to watch buds sprout and vegetables grow.
- **Make vegetables accessible** by setting out chopped fresh vegetables, such as sweet red pepper strips, for your kids to munch on while you prepare dinner.
- **Don't give up** if your kids don't love a new vegetable on the first try. Continue to reintroduce it.



**Jane**  
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**Calhoun, MO**

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# The Joy of Not Cooking

## Caprese Salad with Peppers

We've added roasted peppers and garlic to this classic salad that requires great tomatoes.

- 4 large heirloom tomatoes, chopped
- 1 pound fresh mozzarella, chopped
- ½ cup chopped roasted red peppers
- 8 to 10 fresh basil leaves, chopped
- ¼ cup extra virgin olive oil
- 1 garlic clove, minced
- ½ teaspoon kosher salt
- Coarsely ground black pepper

1. Combine tomatoes, mozzarella, roasted peppers, and basil in a large bowl. Mix olive oil with garlic, salt and pepper; drizzle over tomato mixture and toss gently. Serves 6.

Per serving: 230 calories, 10g fat, 26g prot, 9g carbs, 4g fiber, 740mg sodium.



There's no better season than summer to indulge in a little laziness especially where cooking is concerned. When the weather's picture-perfect or the mercury's high, the last thing we need is to spend quality time with our stoves. Here are two great no-cook meals anchored with simple recipes and rounded out with items available from your local super. Add a crisp, cool wine, a porch, a fan, and dinner is served!

By Stacey Morris, a freelance writer living in upstate New York.

## ITALIAN ANTIPASTO PLATE

- Caprese Salad with Peppers
- Garbanzo Bean Salad
- Parmigiano-Reggiano Cheese
- Sliced Prosciutto, Salami or Cappicola
- Arugula
- Crusty Italian Bread
- Extra Virgin Olive Oil for dipping
- Chilled Melon

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Back to school season

## Tabbouleh Salad

We used Bob's Red Mill Whole Grain Bulgur in this recipe.

### Salad:

1 cup bulgur  
1 cup boiling water  
½ cucumber, peeled, seeded and chopped  
2 medium ripe tomatoes, chopped  
¼ cup chopped red onion  
¼ cup fresh chopped mint  
1 cup fresh chopped parsley  
1 cup canned garbanzo beans, drained and rinsed  
1 garlic clove, minced

### Dressing:

½ cup red wine vinegar  
¼ cup extra virgin olive oil  
1 teaspoon coarsely ground black pepper  
½ teaspoon kosher salt

1. To prepare the salad, soak bulgur in hot water until water is absorbed, 15 to 30 minutes.
2. Combine remaining salad ingredients in a large bowl; add bulgur, and mix thoroughly.
3. To prepare the dressing, blend ingredients with a whisk; pour over salad. Serve chilled or room temperature. Serves 12.

Per serving: 110 calories, 5g fat, 3g prot., 14g carbs., 4g fiber, 110mg sodium.

## MIDDLE EASTERN MEZZE PLATE

Tabbouleh Salad

Dolmades (Stuffed Grape Leaves)

Kalamata Olives

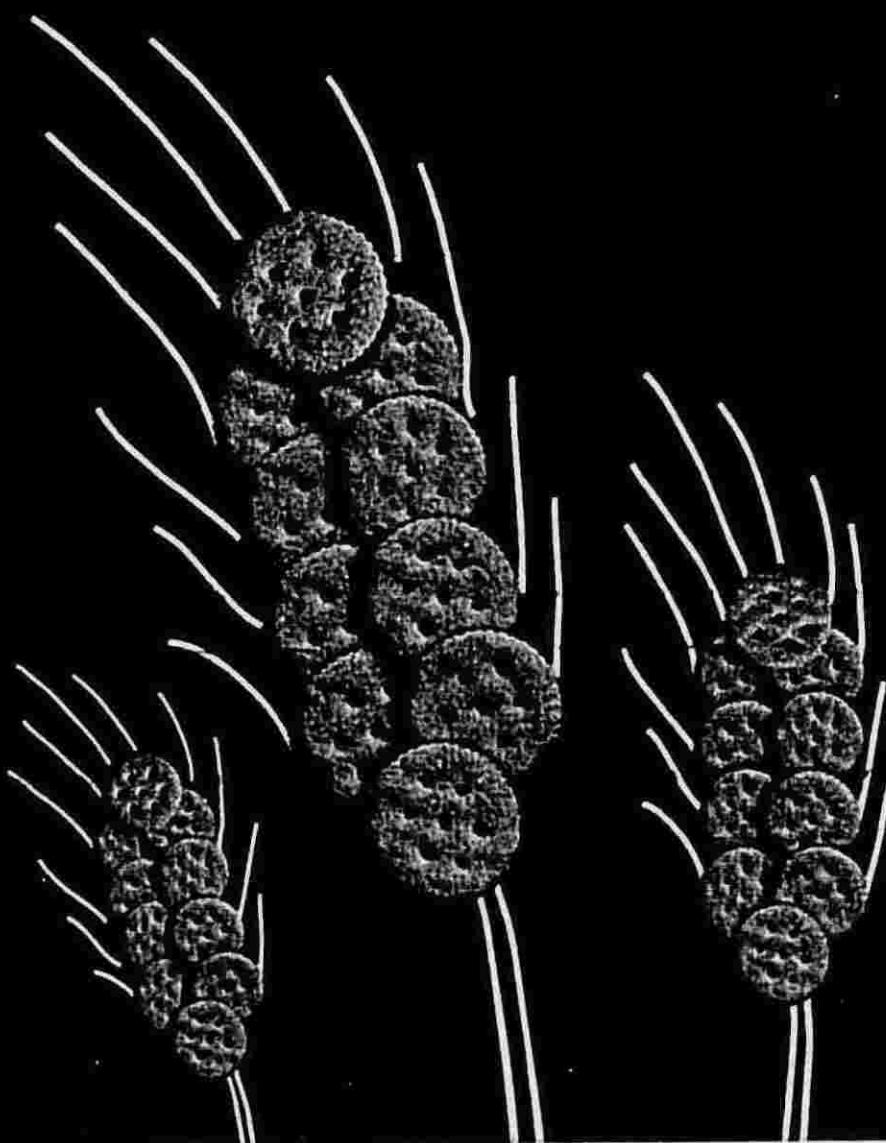
Hummus

Feta Cheese

Fresh Pita Bread

Extra Virgin Olive Oil

Baklava



# WHOLE GRAIN HAPPINESS

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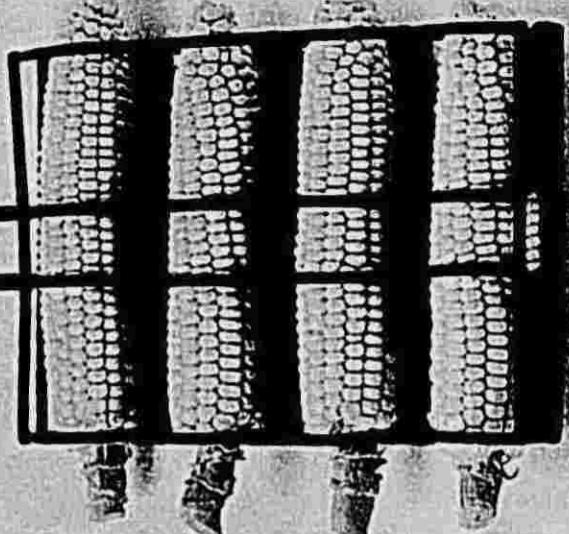
The taste that's in your mouth taste... whole grain taste... more grain than ever.



it up!

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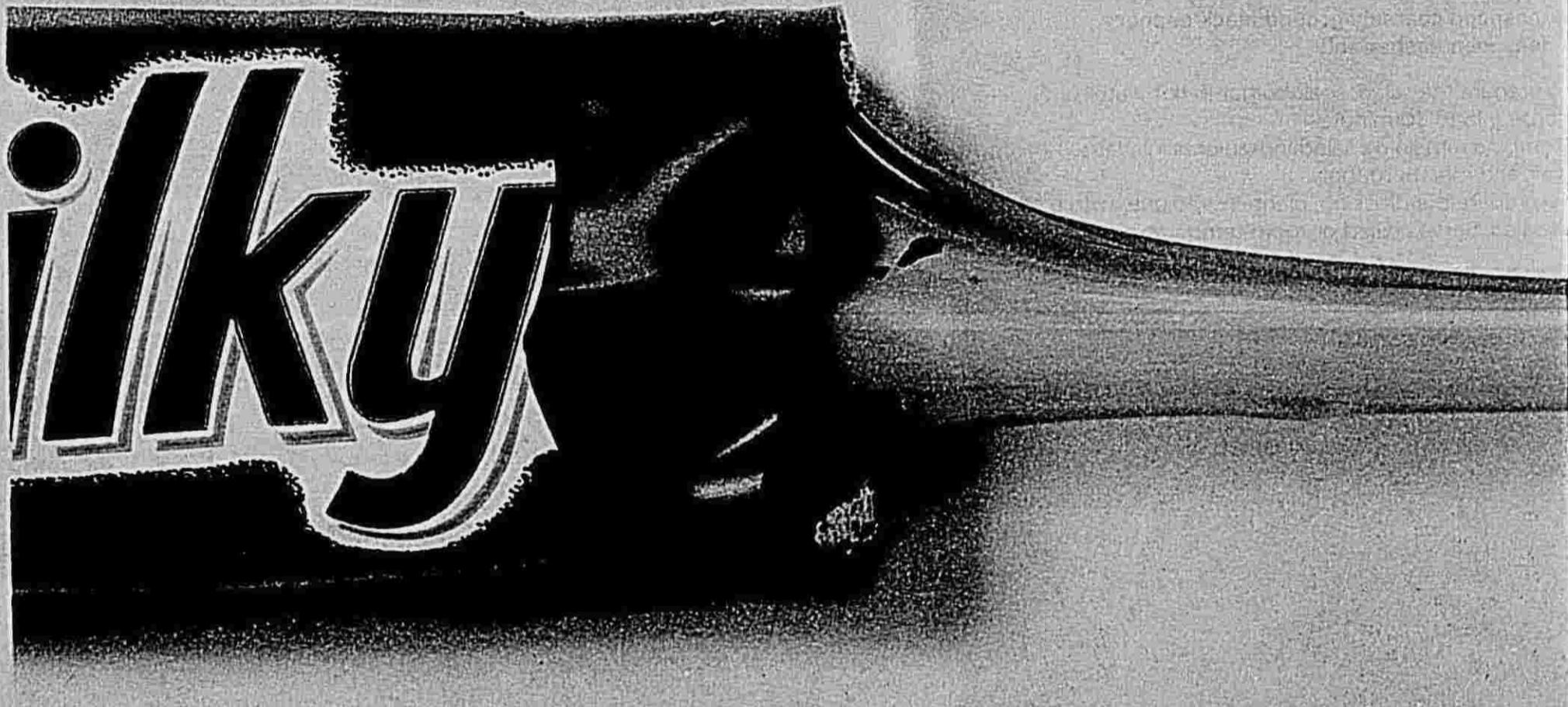
marketplace



#### All in a Row

This nonstick corn-grilling basket keeps ears from rolling. Adjustable height; 9-inch rosewood handle. Accommodates four ears. Basket is dishwasher-safe and measures 10-by-6.5-by-2-inches. #21468, \$14.99.

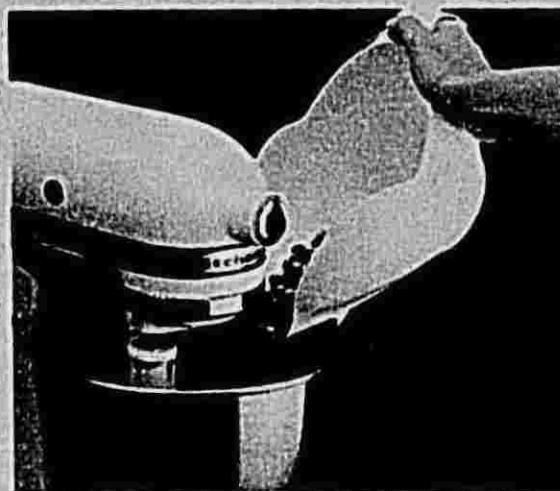
**This magazine would be better with caramel in the middle.**



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#### No More Spills

Perfect for using with today's stand mixers, these innovative bowls allow you to add ingredients with the mixer running without the fear of overspill. Set includes two POURfect Bowls and a 2-cup clear beaker. Dishwasher-safe. #21744, \$39.99.



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Back to school

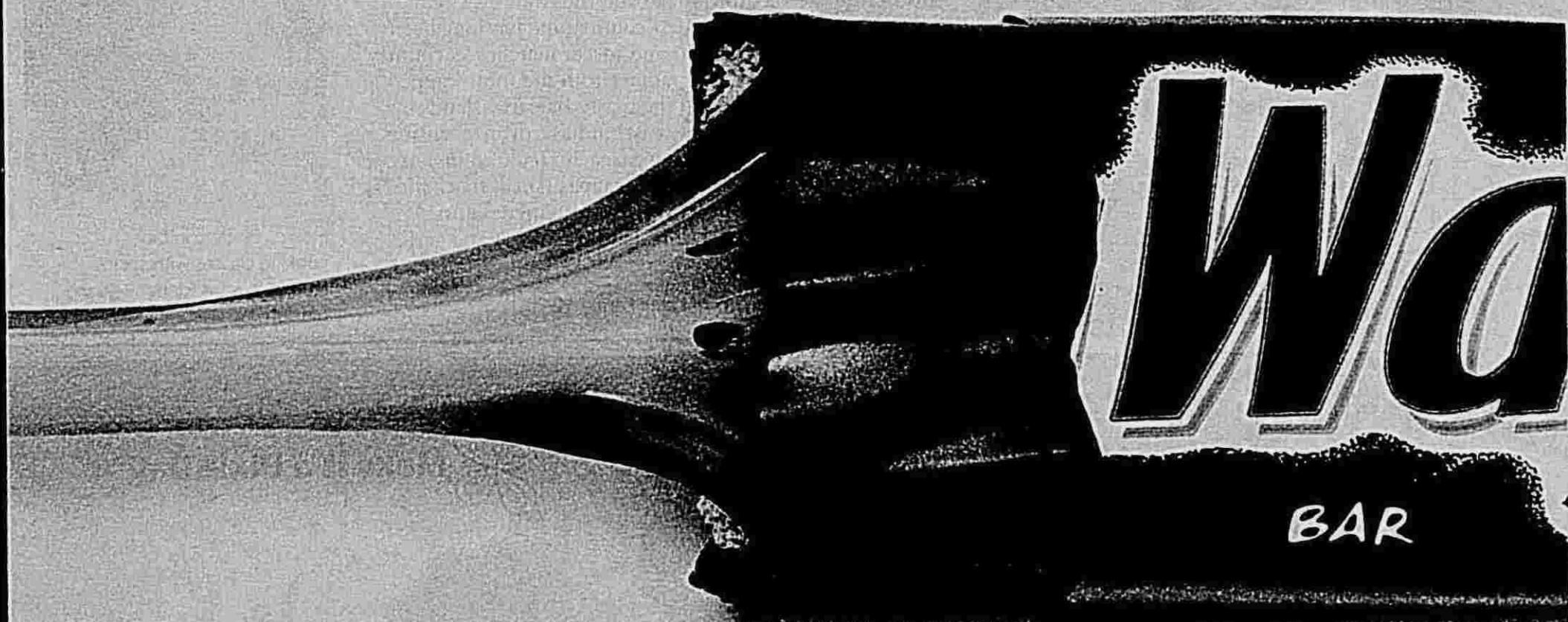
#### From Cake to Casserole

Whip up lasagna or our Texas Sheet Cake (page 4) and bake it in this Professional Chicago Metallic™ Cake Pan. The 13-by-9-inch pan is made from commercial-gauge aluminized steel for outstanding heat conduction and strength and features abrasion-resistant Resist Plus® premium nonstick coating. Dishwasher-safe. #21191, \$19.99.



#### Double Duty

This thick glass cake dome with a sturdy etched-glass pedestal inverts to become a 3-quart punch bowl that's perfect for serving fruit or salads too. Holds a 9-inch round cake. Dishwasher-safe. #22356, \$27.99.



***Life's Better The Milky Way.***

#### Cheat Sheet

How many tablespoons are in a cup? How many teaspoons are in an ounce?

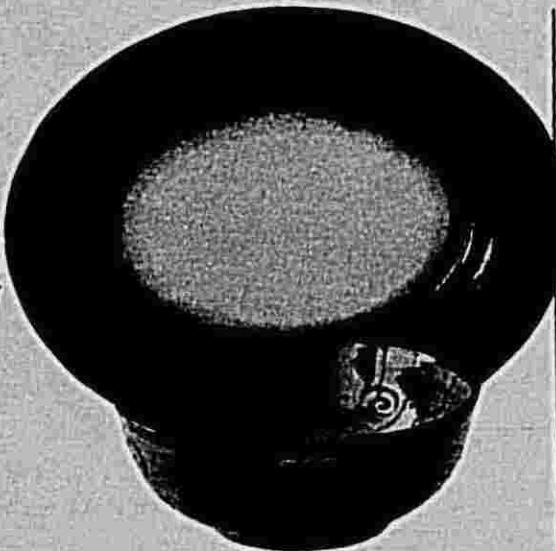
This handy magnetized

conversion chart is easy to reference and hard to lose. Put it on your refrigerator or other metal surface so it's ready when you are. Converts metric measurements, too. #21993, \$5.99.

MEASURE EQUIVALENTS					
Cup	Fluid Oz	Tablespoon	Teaspoon	Milliliter	Grams
1 C	8 oz	16 Tbsp	48 Tsp	237 ml	
3/4 C	6 oz	12 Tbsp	36 Tsp	177 ml	
2/3 C	5 oz	11 Tbsp	33 Tsp	156 ml	
1/2 C	4 oz	8 Tbsp	24 Tsp	120 ml	
1/3 C	3 oz	5 Tbsp	15 Tsp	77 ml	
1/4 C	2 oz	4 Tbsp	12 Tsp	36 ml	
1/5 C	1 oz	3 Tbsp	9 Tsp	15 ml	
1/8 C	.5 oz	1 Tbsp	3 Tsp	12 ml	

#### Platter Perfection

This 18-inch stoneware platter and 11-inch serving bowl feature the Ambrosia pattern—Mediterranean coastal hues with raised swirls and scrolls surround a butter-yellow center, perfect for Middle Eastern Mezze or Italian Antipasto platters (pages 8-9). Platter is eggplant and bowl is terra cotta. Dishwasher-safe. Not microwave safe. Set. #21947, \$79.99.



To order these products, call 1-800-338-3232 or log on to [chefscatalog.com](http://chefscatalog.com). Use promotion code 8KZREL002 to receive reduced shipping and handling fees (10% of price; \$2 minimum). Prices guaranteed through August 31, 2007. Orders shipped to CA and CO will be charged sales tax. AK, HI and U.S. Territories: add \$10 to s&h charges.

relish

cooking with kids

# Around the World in 80 Plates

My 8-year-old son is learning about different countries in school. To feed his insatiable appetite for facts on how kids live and eat in places like China and Australia, we started a ritual called "Around the World in 80 Plates." Once a month we pick a country and focus on where it is on the map, what people there wear, what they eat, what types of holidays they have and what the kids enjoy doing there. This month, we're "traveling" to Spain; here's what we found out:

Bordering the Mediterranean and the Atlantic Ocean, Spain is Europe's fourth largest country and has long been known for its food, bullfights and soccer matches. A country of varying climates and geography (from the snow-capped Pyrenees in the northeast to the toasty Balearic islands in the Mediterranean Sea to the east), it has a diverse cuisine to match. Whether it is making gazpacho (cold soups) or paella (rich rice dishes), tortillas or tapas (small snack foods), Spaniards love to cook heartily with fresh ingredients. We made a traditional Spanish tortilla for breakfast and garlicky rice for dinner. *Bueno!*!

By Monica Bhide, a food writer in Dunn Loring, Va.



Monica Bhide combines cooking classes with social studies lessons for her 8-year-old son Jai.

Spanish Tortilla



Make it a Dixie Day™

## Spanish Rice

Spanish rice is prepared by browning rice first with onions and garlic before cooking it in chicken broth. If your kids like green beans, double the amount.

**2** tablespoons olive oil  
**½** yellow onion, finely chopped  
**1** garlic clove, minced  
**1** small tomato, finely diced  
**¼** cup diced green beans  
**1** cup long-grain white rice  
**½** teaspoon dried oregano  
**½** teaspoon salt  
**2** cups lower-sodium chicken broth

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic; cook, stirring occasionally, 3 minutes.
2. Stir in tomatoes and beans; cook 3 minutes. Add rice, oregano and salt; stir well and cook 1 minute, until rice is lightly browned.
3. Add broth; bring to a boil. Reduce heat to low. Cover and cook 15 to 25 minutes, until liquid is absorbed.
4. Remove from the heat; let stand 5 minutes. Fluff with a fork before serving. Serves 4.

Per serving: 240 calories, 7g fat, 5g prot., 40g carbs., 1g fiber, 590mg sodium.



Find more kid friendly  
Spanish recipes at  
[relishmag.com/80plates](http://relishmag.com/80plates)

## Spanish Tortilla

Not to be confused with Mexican tortillas, this Spanish dish is actually an omelet made with eggs, onions and potatoes. Serve with prepared salsa.

**2** tablespoons olive oil, divided  
**1** small baking potato, peeled  
and thinly sliced  
**½** small yellow onion, thinly sliced  
**4** eggs  
**½** teaspoon kosher salt  
Coarsely ground black pepper

1. Heat 1 tablespoon oil in a medium nonstick skillet over medium heat. Add potato; cook, 5 minutes or until soft.
2. Stir in onions; cook 5 minutes. Remove from heat. Transfer to a bowl.
3. In a separate bowl, beat eggs with salt and pepper. Add potato mixture; mix well.
4. Add remaining oil to skillet and heat over medium heat. Pour in egg mixture. Cook until omelet begins to set, 7 to 8 minutes. Carefully flip to cook other side. (To flip omelet, slide onto a plate. Place skillet over plate and invert.) Cook 2 to 3 minutes. Cut into wedges and serve hot, room temperature or cold with your favorite salsa. Serves 4.

Per serving: 180 calories, 12g fat, 7g prot., 10g carbs., 1g fiber, 310mg sodium.

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than 30 minutes  
producing a flavor  
bursting with  
juice in their wake!

### Coconut Curry Mussels

"Light" coconut milk, lower in fat, is simply a second or third pressing from the coconut flesh used to make regular coconut milk. Serve this dish with jasmine rice. Serves 2 as a main course or 4 as an appetizer.

2 shallots, peeled and quartered  
2 garlic cloves, halved  
1 tablespoon chopped fresh ginger  
1 tablespoon vegetable oil  
2 teaspoons curry powder  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup light coconut milk  
2 pounds mussels, cleaned and debearded  
 $\frac{3}{4}$  cup chopped fresh pineapple  
 $\frac{1}{4}$  teaspoon coarsely ground black pepper  
Cilantro

1. Combine shallots, garlic and ginger in food processor; process until finely chopped.
2. Heat oil in a Dutch oven over medium heat. Add shallot mixture; cook, stirring often, until very fragrant, about 3 minutes. Add curry powder and salt; cook 1 minute.
3. Pour in coconut milk; bring to simmer, scraping up any browned bits on the pan's bottom.
4. Add mussels; cover, reduce heat, and simmer until shells open, about 5 minutes. Discard any mussels that do not open. Stir in pineapple and pepper before serving. Garnish with cilantro. Serves 2.

Per serving: 430 calories, 29g fat, 24g prot., 23g carbs., 2g fiber, 790mg sodium.

# Mussel Bound

New England mussel farmer Chip Davison had a problem. He had a product but no market. When he started his business, Great Eastern Mussel Farms in Tenants Harbor, Maine, in 1978, demand was nil for a product best associated with obscure Belgian tastes. So he skipped wholesalers and went straight to consumers with hundreds of cooking demonstrations across the country.

It worked. Today, Great Eastern Mussel Farms has 50 full-time employees, and the company's mussels are available in grocery stores across the country.

The company's rafts dot the Maine coast near St. George. The mussels hang off these floating rafts for 18 months, suspended from great ropes into the seawater—a technique known as rope-farming. Always environmentally aware, Davison avoids net-hauling that sweeps the ocean bare and catches many "unwanted" fish and shellfish.

Although U.S. mussel consumption has doubled since the year 2000, Davison's main concern is still "just getting the word out." ♦

By Bruce Weinstein and Mark Scarbrough, food writers in Colebrook, Conn.

Hauling in the mussels

(Continued on page 16)

### Mussels Provençal

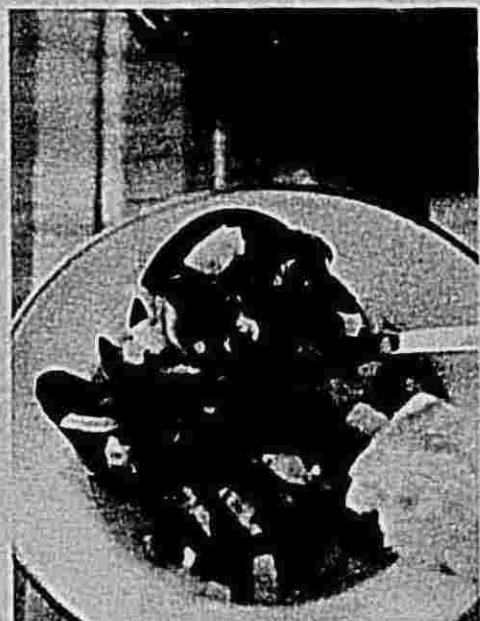
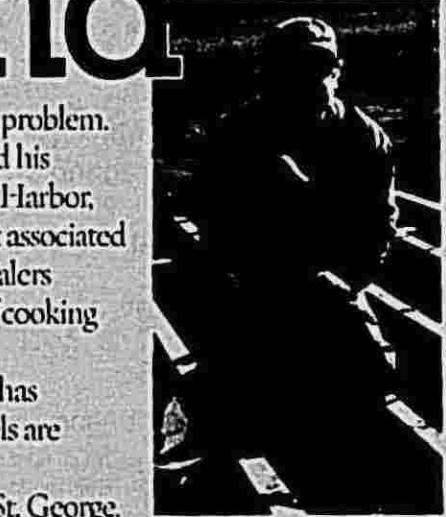
Mussels make a savory broth that is best sopped up with French bread. Serves 2 as a main course or 4 as an appetizer.

2 tablespoons olive oil  
 $\frac{1}{2}$  cup finely chopped red onion  
1 medium fennel bulb, trimmed and chopped  
2 garlic cloves, minced  
1 large tomato, cored and chopped  
 $1\frac{1}{2}$  teaspoons chopped fresh rosemary or  $\frac{1}{2}$  teaspoon dried  
1 teaspoon fresh thyme leaves or  $\frac{1}{2}$  teaspoon dried  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon coarsely ground black pepper  
 $\frac{3}{4}$  cup dry white wine or dry vermouth  
2 pounds mussels, cleaned and debearded

1. Heat oil in a large Dutch oven over medium heat. Add onion; sauté 3 minutes. Add fennel and garlic; sauté 3 minutes.

2. Add tomatoes, rosemary, thyme, salt, pepper and wine. Bring to a boil. Add mussels and toss. Cover, reduce heat, and simmer until shells open, about 5 minutes. Discard any mussels that do not open. Serve with French bread to soak up the juices. Serves 2.

Per serving: 420 calories, 18g fat, 23g prot., 26g carbs., 5g fiber, 850mg sodium.



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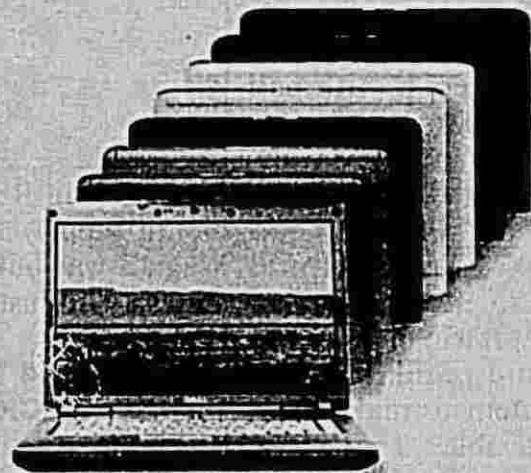
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# Breakthrough Discovery To Grow Strong Beautiful Nails

**Even if you have never been able to grow strong beautiful nails before**

By Jana Lynn

I guarantee you will grow strong beautiful nails with Trind® Natural Nail-Repair or your money back!

Now you can easily grow the nails you've always dreamed of—even if you have already tried a number of times before without success.

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## Do you have any of the problems they had?

"I have always had trouble with my nails splitting and peeling. But with your Nail-Repair the difference in them is amazing.



"Over time I have tried everything trying to get my nails to grow. This is the first thing I have ever used that actually did what it said it would."

**Wanda L. Shults**  
Okemah, Oklahoma

"I'll admit to being skeptical. After all, over the years I had tried them all (Sally Hansen, Barielle, Nailtique, etc.) and nothing helped my thin weak nails that split and cracked before they even reached the end of my nail beds.



"TRIND was going to be my last attempt to grow my own nails before giving in to the expense and risks of artificial ones. Imagine my utter surprise and joy to find TRIND works where all others have failed.

"This is the most wonderful and amazing product! At last I can enjoy the beautiful nails that before I had only been able to envy on other women."

**Michelle Hogan**  
Harvard, Massachusetts

"Best nail product I've ever used. In the past five years I've tried nine different nail strengtheners priced from \$1.89 to \$39.95.



"My nails continued to peel and split until I tried Trind Nail Repair. Now my nails grow—healthily!—until they need to be cut because they get in my way."

**Sonja Strickland**  
Kingsland, Georgia

"I did not realize how bad my nails looked until one day, after about 3 weeks of using Trind Nail Repair, a friend said to me, 'Your nails look beautiful; they were sooo ugly before.'



"I will never stop using your Trind products. I never will be embarrassed again by my 'ugly nails'."

**Sue Eucker**  
Grandview, Washington

(Continued from page 14)

# Misunderstood Musse

One of the most prolific feeders of the sea, mussels filter 10 to 15 gallons of water a day, consuming nearly everything in it. A rich source of protein, they are also very lean, with only 4g fat per 3 ounces of cooked meat. Like other mollusks, including clams and oysters, mussels are kept alive until cooking. Store them in an open container instead of wrapping them in plastic as they need to breathe. Mussels that are alive will close tightly when their shells are pressed together. Those that don't should be thrown out. Likewise, only serve those that have opened upon cooking. Once cooked, mussels will slip easily from their shells.

more mussels at [relishmag.com/mussels](http://relishmag.com/mussels)

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# New Advanced Air Cooler Uses 75% - 95% Less Electricity Than Air Conditioners

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our ad in the  
July-August 2007  
AARP Bulletin

### Uses Exclusive Cyclonic Water Vaporization System

By: B. Inboden

Believe it or not, there are people who can look forward to the heat of summer because they know they can:

- stay cool
- have their air purified
- and save money on their electric bill...

...all at the same time! What do they know that you don't? They are using the new CoolAir 4000 Air Cooler, an evaporative cooler with built-in carbon filters. With energy costs skyrocketing, smart consumers everywhere are looking for reliable ways to stay cool, bypassing air conditioners which are expensive to buy and use a great deal of electricity.

That's why the Cool Air 4000 is so revolutionary. It is based on an efficient technology that has been updated for 21st century living. To understand the many benefits of the CoolAir 4000 we've compiled the most asked questions so you will know exactly how it works and how it can keep you cool, clean your air and save you money.

Q. What is the technology behind the CoolAir 4000?

A. The CoolAir 4000 is an evaporative cooler which produces effective cooling by combining the natural process of water evaporation with a simple reliable air moving system, like a fan or a blower.

Q. How does evaporative cooling work?

A. If you wet your arm and blow air on it your skin feels cooler. That's evaporative cooling. In a standard evaporative cooler, outside air is pulled through moist pads where it is cooled by evaporation. Evaporation is an endothermic reaction; it absorbs heat. So the air that goes through the pads has heat absorbed out of it. This cooler air is then circulated through the room by a blower. The pads are kept moist by the water you pour into the water cartridge. In the new CoolAir 4000, the tank has been replaced by a water cartridge and the new exclusive Cyclonic Water Vaporization System which uses an atomization process to break up the large water molecules. This

process absorbs heat from the air and then the blower sends out the cold air.

Q. How effective is the evaporative cooling?

A. On the average, the CoolAir 4000 can lower the temperature 12-20 degrees. A great deal depends on the humidity in the air. Evaporative coolers work best when outside humidity is below 50%.

Q. Why does an evaporative cooler save so much electricity?

A. Because the technology is so efficient, the electricity is used mainly to run the blower and atomizer. This takes about the same amount of electricity as using a light bulb. In air conditioning for instance, the electricity must power a compressor which is much more complex and involves high energy usage.

Q. How does the Cool Air 4000 clean the air?

A. This is where new technology meets tried and true technology. All evaporative coolers by their very nature help in cleaning the air, but with the CoolAir 4000 we have added a carbon filter to help trap dust, pollen, odors and pet dander. This is in contrast to most portable air conditioners which just recycle the same air over and over and over.

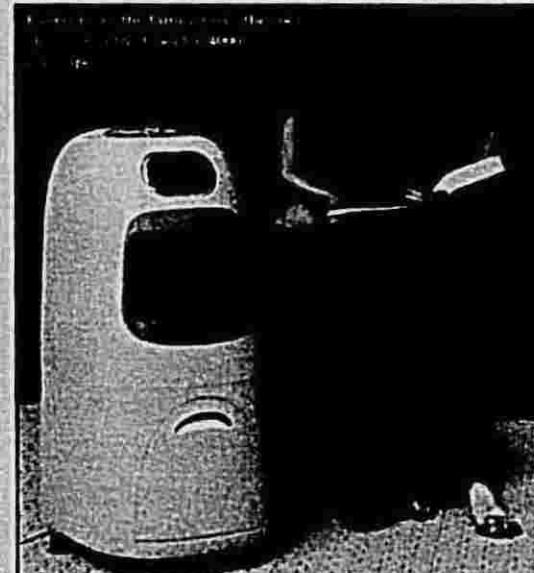
You have probably heard that in-house air pollution is worse than outdoor air pollution. And closed-door/ window air conditioning is one of the reasons for this discouraging phenomenon.

Air purifiers alone can cost hundreds of dollars but with one CoolAir 4000, you get an air purifier as part of the package.

Q. Why would a person choose a CoolAir 4000 over a portable air conditioner?

A. The biggest reason is cost. The CoolAir 4000 costs under \$300 while portable air conditioners run between \$450.00 and \$800.00. As mentioned, air conditioners can also use up to 16 times as much electricity as air coolers.

In recent years people have become much more conscious of health enhancing features, so the addition of the



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#### TESTIMONIALS REPRESENTING SATISFIED COOLAIR 4000 USERS...



"Words cannot express how pleasant it is to sit near the CoolAir 4000. The one I use in my office blows out 65 degree cold air in a matter of a few minutes. The CoolAir 4000 provides benefits far beyond the price you pay to own it, and it is one of those rare products that pleasantly surprises you, calming you, reducing stress, and giving you more than you expect. Plus, it costs less than a 75 watt light bulb to operate. It even works along with your air conditioner, lowering your demand for electricity during the highest and most expensive peak load times of the day, perhaps even lowering your total electric bill. It's very easy to use and you can actually watch the temperature go down."

- Paul Klingaman Jr., Managing Director

carbon filter is a major benefit for everyone who is trying to improve the quality of the air he or she breathes safely and inexpensively.

The other big benefit of the CoolAir 4000 is that even though it can cool a large area, it does not need a vent. All air conditioners, portable or not, must have a way to vent off hot air. You can put the CoolAir 4000 anywhere there is an outlet since there is no hot air to vent away. You can move it from room to room on its easy glide casters to fit your schedule and needs.

Q. Can I use the CoolAir 4000 in conjunction with other cooling devices?

A. That is the way many people are using the CoolAir 4000. People who have whole house air conditioning use the CoolAir 4000 in places where the air conditioning does not reach. Air coolers are perfect for the sun room where you can have the windows open and stay cool with the CoolAir 4000.

It is also great for the office, condo, RV and dorm

room.

Q. Is the CoolAir 4000 easy to use?

A. Absolutely. All you do is insert the water cartridge and turn it on. A full cartridge can last 6-8 hours with continuous use. There is a handy water level indicator so you know exactly where and when to replace.

We will supply an extra water cartridge so you can always have one as a ready replacement. Includes a water filter too so you are breathing the cleanest air you can breathe.

You also receive a remote control so you can use all the functions from the comfort of your easy chair or even from bed.

Q. How can consumers get a CoolAir 4000?

A. You can only get the CoolAir 4000 exclusively from International Home Shopping, by returning your Special Reader's Discount Coupon at right, by calling 1-800-466-9973, or visiting us online at [www.ihsmall.com](http://www.ihsmall.com).

#### Air Cooler - Air Conditioner Comparisons

The CoolAir 4000 is not an air conditioner, but it does have benefits when compared to air conditioning.

Features and Benefits	IHS Exclusive CoolAir 4000	Most Portable Air Conditioners
Cost Per Unit	Under \$250, FREE Shipping	\$450 - \$800
Cooling Source	Water, Fresh Air	freon, compressor
Venting	No Vent Needed	needs to vent to outside
Cooling Ability	Can Lower Temp. Average Of 12-20 Degrees	can lower temp. to a thermostatically controlled temp.
Home Prep	OK To Have Some Windows Open For Air Flow	windows and doors must be closed
Air Quality	Dual Carbon Filters	recycles same air over and over
Electrical Usage	Runs on 40-50 Watts - Only Pennies A Day 12c - 15c Per Day	high electrical usage \$70 - \$90+ per month

\* Air Coolers in general help freshen the air, but the CoolAir 4000 has a carbon filter to magnify this ability. The CoolAir 4000 is an IHS exclusive item!

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The regular price to stay cool and get the CoolAir 4000 is only \$299.00 plus \$19 shipping and handling for a total of \$318.00 delivered. Readers of this publication get a \$75.00 discount with this coupon and pay only \$224 plus, receive FREE Shipping and Handling if you order within 10 days. Additional CoolAir 4000 air coolers are only \$204 each, saving you \$20.00 more. There is a strict limit of 3 CoolAir 4000 at the discount price - no exceptions please. After 10 days, we reserve the right to accept order requests at the discounted price.

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# relish

## summer wine drinks



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Wini Moranville  
guides you to the  
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### The Ever-Refreshing Kir

France's most famous apéritif—Kir (rhymes with "beer")—makes a refreshing, sophisticated sip to kick off a summer patio party. Plus, it's so easy it needs no recipe. Simply pour about a teaspoon of crème de cassis (a black currant liqueur) into a glass; fill the glass with chilled dry white wine and serve. Try Gabriel Boudier Crème de Cassis (\$19.99). Produced since 1874 in Dijon, France (where Kir first originated), the highly acclaimed liqueur has recently become more widely available in the United States. Thank you, France!

Walk-In  
Bath Tubs  
from Premier



### Summer Peach Sangria

Bacardi recently unveiled a flavored rum, Peach Red (750ml/\$14). Intrigued, I turned to mixologist extraordinaire Mittie Hellmich, author of *The Ultimate Bar Book: The Comprehensive Guide to Over 1,000 Cocktails* (Chronicle Books) for ideas on how to use this alluring new flavor. Her sangria may be the most dashing way ever to savor summer's most sensuous fruit.

- 1 ounce Bacardi Peach Red Rum
- ½ ounce Grand Marnier or Cointreau
- 3 ounces dry, crisp rosé (such as one from France or Spain)
- 2 ounces lemonade

Pour all ingredients into an ice-filled large wine goblet or tall glass and gently stir. Garnish with a peach slice and a lemon slice.



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### Lemony Pear Spritzer

Another fruity sipper from Mittie Hellmich, this one calls on Grey Goose La Poire—a new pear-flavored vodka (750ml/\$30). With lemon juice and sparkling wine in the mix, this is the choice for the sultriest of summer nights.

- 1½ ounces Grey Goose La Poire (pear-flavored vodka)
- ½ ounce lemon juice
- 1 ounce pear nectar
- 1 teaspoon sugar
- 2 to 3 ounces fruity sparkling wine (such as Asti), chilled
- Fresh raspberries

In a cocktail shaker with ice, vigorously shake vodka, lemon juice, nectar and sugar. Pour into a large ice-filled wine goblet. Slowly top with the sparkling wine, and gently stir to combine. Garnish with a cocktail pick skewered with raspberries.

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reli

festivals and fun

# AW Shucks



## CORN DAYS

Ever met a kid who doesn't like corn—a food that requires you to eat with your hands, make noise and even lick your fingers? Even corn's distant cousins are fun. Turn down popcorn? Grimace at corndogs? Snub candy corn? It's seldom done. And fortunately for kids everywhere, it's corn season. Here's a glimpse of upcoming corn festivals.

### California

La Habre Corn Festival, Aug. 3-5

### Colorado

Olathe Sweet Corn Festival, Aug. 4

### Illinois

Mendota Sweet Corn Festival, Aug. 9-12  
Urbana Sweet Corn Festival, Aug. 24-25

### Iowa

Adel Sweet Corn Festival, Aug. 11  
West Point Corn Festival, Aug. 9-12

### New York

Avon Rotary Corn Festival, Aug. 11

### Ohio

Fairborn Sweet Corn Festival, Aug. 18-19  
North Ridgeville Corn Festival, Aug. 9-12

### Pennsylvania

Shippensburg Corn Festival, Aug. 25  
Youngsville Corn Festival, Aug. 17-18

### South Dakota

Corn Palace Festival, Aug. 22-26

# Shucks

In August and September, corn-loving towns swell with visitors to their annual sweet corn festivals. Some are elaborate, a little like county fairs, with carnival rides and the crowning of a festival queen; others are genuine small-town affairs with fire trucks, floats, marching bands and local dignitaries on parade. All encourage you to stuff yourself silly with corn.

Corn is a source of bragging rights for Midwesterners. It's unbelievable to me, but some people in Wisconsin or Michigan think their state's corn is tops. Don't listen to them. Iowa grows the best corn, and everyone here knows it, including my 11-year-old nephew.

What Iowans don't always agree on, however, is which county grows the best corn. Or, within a county, which makeshift farm stand in which little gas-station parking lot sells the best corn. (Here in Des Moines, a friend swears by the corn sold from a blue pickup truck parked outside of the bail bonds office).

Iowans also don't always agree on how to eat it. There are various camps. Me, I tackle an ear of corn typewriter style, click-clacking across the kernels in rows left to right. My husband does that weird circular thing, rotating the ear as he tackles it. It's a wonder we ever got married. My friend's kids eat in a sort of "patchwork" quilt motif.

And then, there's how best to cook it. The official word—from the Iowa State University Extension website—is to submerge the cobs in a large pot of boiling water. "Throw in the shucked corn, and wait for the water to come back to a boil. And the corn is done!" they say.

My method is a little different. I put the corn in a kettle and cover it with water. When the water reaches a full boil, I take the kettle off the heat, cover it, and let it sit 10 minutes. Yielding nubbly crisp-tender corn, this method is a little trick I learned from a friend from—of all places—New York City. I've heard that some people out that way think that the best corn comes from New Jersey. Needless to say, I don't believe them. ♦

By Wini Moranville, a freelance writer living in Des Moines, Iowa.

For more corn  
festivals and recipes go to  
[relishmag.com/corn](http://relishmag.com/corn)



### Corn off the Cob

Here is a job best handled by the adults in the group. Holding the ear of corn stem end up in a wide mixing bowl, remove the kernels from the cob by cutting straight down midway through the thickness of the kernels with a short, sharp paring knife. When all the kernels have been cut, scrape the cob with the dull side of the knife blade until all the juice and remaining kernel solids are removed.



### Shrimp and Corn Pudding

*In the Carolina and Georgia*

*Lowcountry, corn comes into season just as the region's tidal creeks and inlets are teeming with tiny but intensely sweet inlet shrimp. In this recipe from Damon Fowler, the two are combined in a flavorful main-dish pudding that kids will love.*

- 4 to 6 ears fresh corn
- 2 tablespoons butter
- 5 medium green onions, thinly sliced
- 2 tablespoons chopped fresh parsley
- 2 eggs, lightly beaten
- ½ cup half-and-half
- ½ teaspoon salt
- White pepper
- Cayenne pepper
- Grated nutmeg
- 1 pound medium shrimp, peeled
- ¼ cup all-purpose flour

**1.** Cut kernels off cobs and scrape off milky bits. You should have about 3 cups corn.

**2.** Preheat oven to 350F.

**3.** Melt butter in a sauté pan over medium-high heat; add onion and sauté until translucent, about 2 minutes. Stir in parsley and turn off heat.

**4.** Scrape mixture into a large bowl; add corn, eggs and half-and-half. Season with salt, white and cayenne peppers, and a generous grating of nutmeg; mix well. In a separate bowl, toss shrimp in flour and shake off excess. Fold shrimp into corn batter.

**5.** Lightly butter a 2-quart casserole dish and pour in batter. Bake about 1 hour, until set and lightly browned. Serve immediately. Serves 4.

*Per serving: 440 calories, 17g fat, 39g prot., 34g carbs., 8g fiber, 690 mg sodium.*

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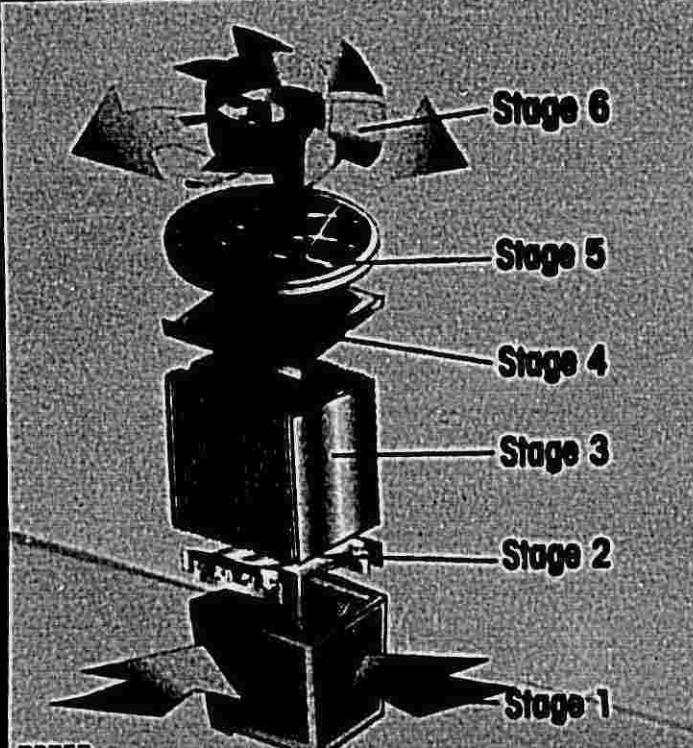
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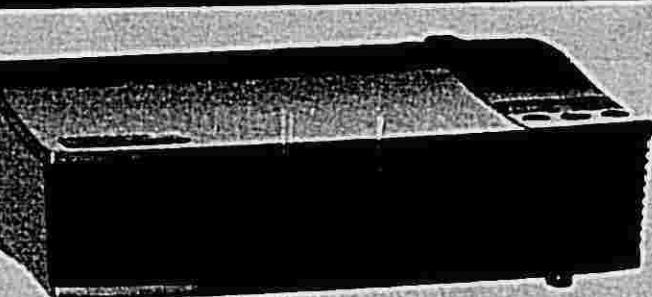
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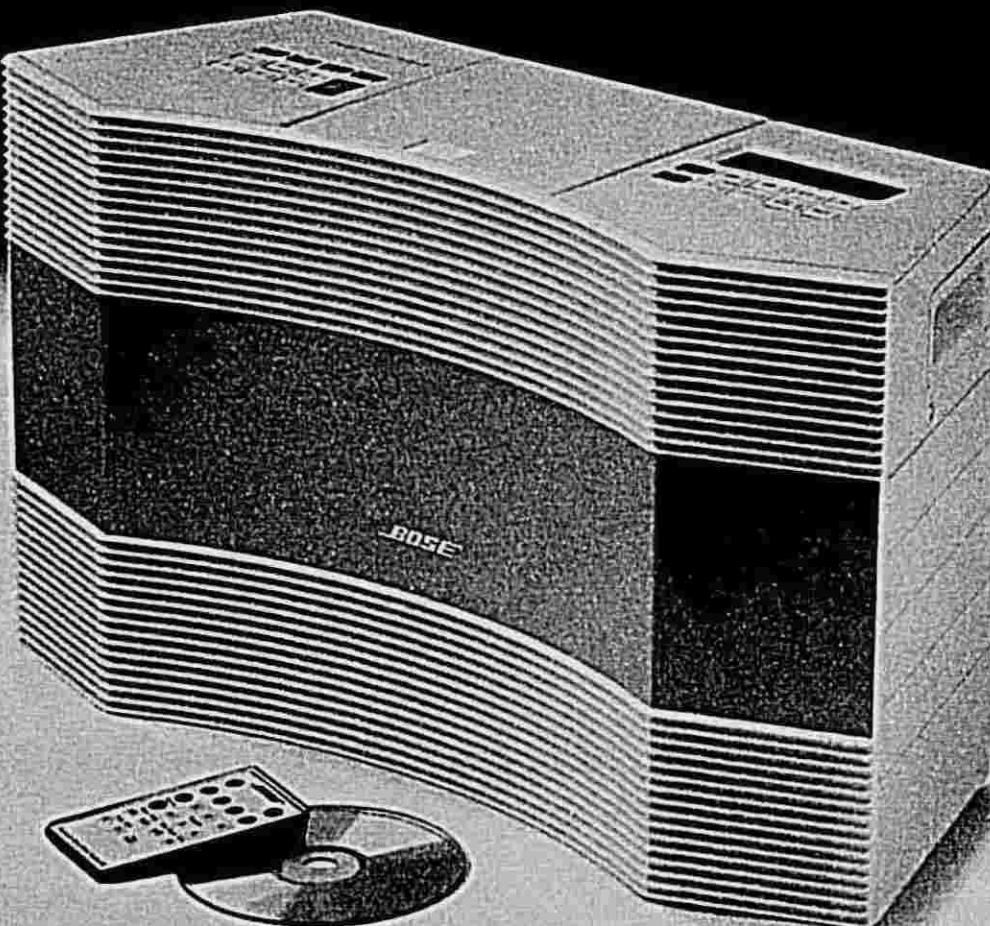
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HOLY BIBLE

### INSIDE:

- Machias, Maine: Wild for blueberries
- Devoted school bus driver Sarah Grigsby
- School day snacks

## Ask American Profile



**Q** I'm just curious: What's the biggest-selling commemorative U.S. postage stamp of all time?  
—M. Marcus, New Haven, Conn.

When it comes to the post office, Elvis is still the king. The 29-cent Presley stamp issued in 1993 has sold more than 517 million copies; if you put all of them together side by side, they'd stretch from New York to Tokyo. Presley, of course, never lived to see his U.S. Postal Service honor. He died 30 years ago this Aug. 16.

**Q** Is there any connection between Chris Wallace and Mike Wallace of *60 Minutes*?

—L. Helms, Ponce City, Okla.

Yes, Mike Wallace is Chris' father, although the hard-charging *60 Minutes* correspondent and his wife divorced when their son was 1; Chris grew up with his stepfather, Bill Leonard, who eventually became president of CBS News. Since 2003, Chris, 59, has hosted the Fox-TV weekly *Fox News Sunday* series, which followed his previous longtime positions with the NBC and ABC networks. Mike, 89, retired from *60 Minutes* last year, but returns occasionally for special assignments.



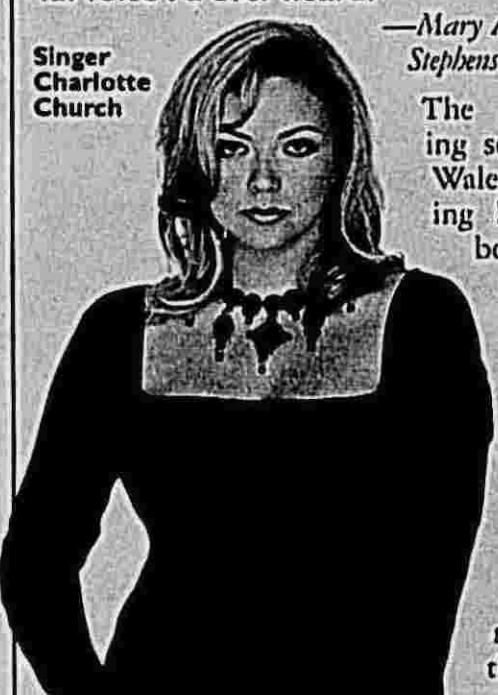
Chris Wallace

Mike Wallace

**Q** What happened to Charlotte Church, the young singer from Wales? She had the most beautiful voice I'd ever heard.

—Mary Ann Brabec, Stephenson, Mich.

The international singing sensation, 21, lives in Wales, where she's expecting her first baby (with boyfriend Gavin Henson, a Welsh rugby player) in the fall. Church hosts her own self-titled TV variety show in the United Kingdom. She's sold more than 10 million albums worldwide but does not have any new recording projects in the works at this time.



Singer Charlotte Church

**Q** Has the actor who plays Don Draper on the new TV series *Mad Men* made any movies? He reminds me of someone in the movie *We Were Soldiers*.

—B. Smedley, Moses Lake, Wash.

Jon Hamm, one of the stars of the new AMC-TV series *Mad Men*, appeared as Capt. Matt Dillon in *We Were Soldiers*. A Missouri native who taught acting in St. Louis before coming to Hollywood in the late 1990s, Hamm, 36, also had recurring TV roles in *Providence*, *The Division* and *What About Brian*. Single but attached and now living in Los Angeles, he says the acting bug first bit when he landed his earliest role: Winnie the Pooh in a first-grade play.



Jon Hamm plays Don Draper on TV's new series *Mad Men*.

**Q** What is "Boston Rob" Mariano doing these days? I loved him on *Survivor* and *The Amazing Race*.

—Cindy S., Palo Alto, Calif.

Boston-born Mariano, 31, didn't win either one of those TV showdowns. But he learned a lot, and he's now putting his experience to work as the host of a new in-the-works TV competition called *Tontine*. He's traveling city-to-city to audition gung-ho, willing-to-do-anything contestants for a scheming 100-day race that will visit every continent on Earth before awarding one final winner a cool \$10 million. What makes the former reality-show competitor the perfect reality-show host? "I know all the tricks of the trade," he says with a grin. *Tontine* will tape later this year and air next spring.



"Boston Rob" Mariano is looking for contestants for a new TV competition called *Tontine*, scheduled to air next spring.

\* Cover photo by David Mudd

■ Would you like to know more about your favorite celebrity or public figure?

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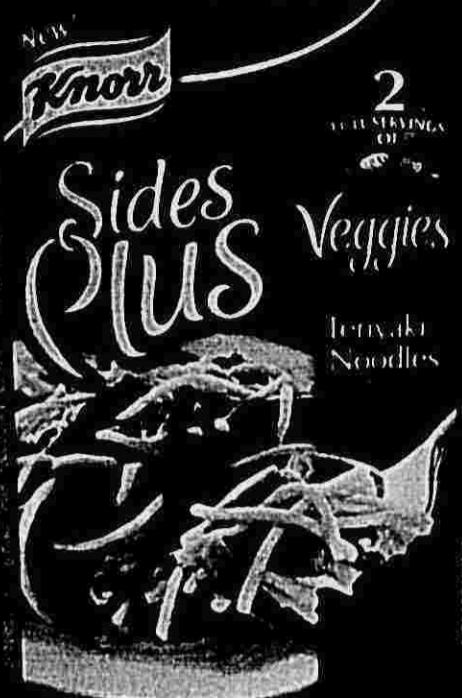
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PUBLISHING GROUP OF AMERICA

*American Profile* is published by: Publishing Group of America, 341 Cool Springs Boulevard Suite 400, Franklin, Tennessee 37067 Phone: 1-800-720-6323. All editorial queries and contributions to Editor, *American Profile*, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Publishing Group of America, Inc. will not be responsible for unsolicited materials, and cannot guarantee the return of any materials submitted to it. ©2004 Publishing Group of America, Inc. *American Profile* is a trademark of Publishing Group of America, Inc. All rights reserved. Reproduction in whole or part of an article, photograph, or other portion of this magazine without the express written permission of Publishing Group of America, Inc. is prohibited.



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## Hometown Spotlight

# Wild About Blueberries

by SEAN CONNEELY

### The crowd at the Wild Blueberry

Festival in Machias, Maine (pop. 2,353), buzzes with anticipation as contestants take their places for the much-heralded blueberry pie-eating contest. Spectators shout out last-minute eating advice as participants steal sideways glances, sizing up the competition. With their hands behind their backs, 10 contestants slowly bend forward, staring at freshly baked blueberry pies. For two minutes, contestants go mouth-first into a pie-eating frenzy that leaves their grinning faces smeared a dark shade of blue.

"It's our signature event," says Ron Beckwith, who has organized the contest for the last two years. In fact, the competition has become so popular that Beckwith has employed a lottery drawing to select contestants in four different age groups. "The best part is that there's no cash prize. Everyone does it for bragging rights," he says.

The festival, scheduled Aug. 17 to 19, originated in 1975 as a small fund-raiser for the Centre Street Congregational Church. It remains the main fund-raiser for the church, but has evolved and expanded to include other local organizations, such as the local Rotary Club and the Chamber of Commerce.

In addition to raising money, the festival celebrates the harvest of the region's most important crop: lowbush wild blueberries. In fact, Maine is the top producer of wild blueberries in the United States, harvesting some 74.6 million pounds last year. As much as 70 percent of those blueberries grow along the rocky coast and rolling hills of Washington County. Since Machias is the county seat, it has become the unofficial Wild Blueberry Capital of the World.

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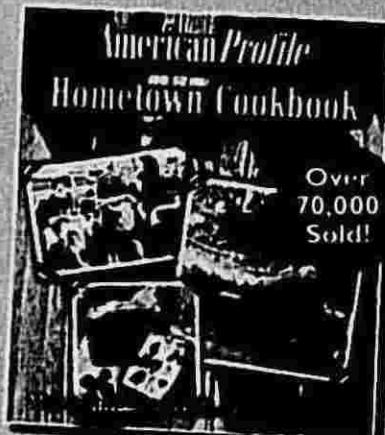
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A pie-eating contest is a festival favorite in Machias, Maine.

Maine is the top producer of wild blueberries in the United States, harvesting some 74.6 million pounds last year.

"Not much else will grow here. It's pretty poor soil," says Dell Emerson, who managed the University of Maine's blueberry research facility in nearby Jonesboro (pop. 594) for 25 years.

The lowbush blueberries, which stand less than a foot high, thrive in the sandy, high-acid soil found in the area. American Indians picked and sun-dried the berries, and even used them to preserve deer meat.

"Now, because of the festival," Emerson says, "it seems like the whole country knows about wild blueberries."

Today, the festival has become a major attraction, boasting cooking contests, historical tours of Machias and more than 200 craft booths. Some 20,000 visitors make their way from every corner of the country, and from as far away as China and Africa, to sample all things blueberry: from blueberry salsa to blueberry vinaigrette to blueberry soap—and, of course, plenty of blueberry pies and muffins.

The town also celebrates its blueberry fame with the Blueberry Musical Comedy. Each festival night, the Congregational Church is transformed into a theater where the talents of Machias residents ranging from ages 3 to 90 are put on display.

"If someone comes to see the musical once, they're hooked," says Doug Guy, who created and directed last year's production.

The musical, which parodies life in Machias, blends Broadway show tunes, gospel and popular

songs—with some lyrics rewritten to put the focus on blueberries—loosely tied together by, as Guy describes it "an admittedly thin plot."

During the day, visitors who are curious about the source of the festival's tasty namesake can explore area farms. In 2005, blueberry grower Lisa Hanscom began offering tours of her family's 64-acre blueberry farm in nearby Roque Bluffs (pop. 264). "I wanted people to see how we grow and harvest blueberries," says Hanscom, whose great-grandfather began harvesting lowbush blueberries in the early 1900s.

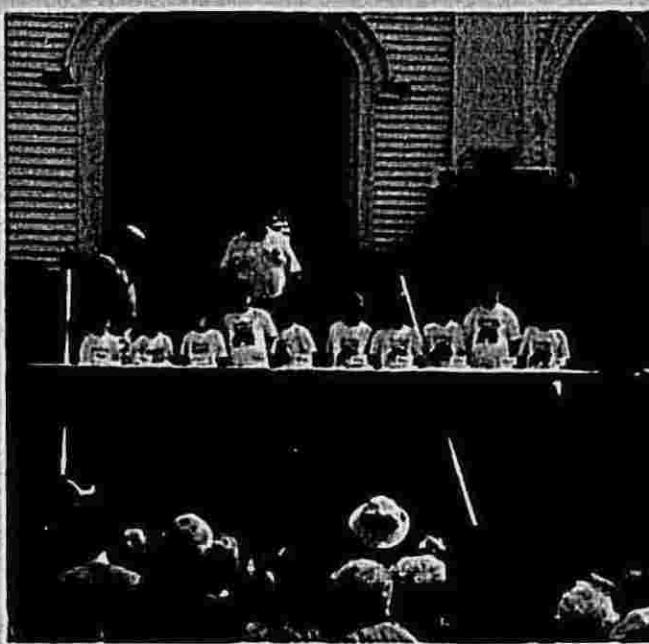
Guests can walk through harvested blueberry fields, learn about the traditional tools of the trade and even try to rake some blueberries themselves.

"Hand raking lowbush blueberries is an important tradition in Washington County," she says. "The harvest is a special time of year."

And with its mix of delicious blueberry treats and entertaining activities, so is the Wild Blueberry Festival.

Sean Conneely is a writer in Red Feather Lakes, Colo.

Click on this story at [americanprofile.com](http://americanprofile.com) to comment, see more photos or access the Wild Blueberry Festival website.





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# Cooking Schools for Kids

## When 6-year-old Dorie

signed up to take a "Cooking From the Garden" class at the Young Chefs Academy in Waco, Texas, her mom and teachers were skeptical to say the least.

"The girl had never eaten a vegetable in her life," recalls Julie Burleson, who founded the school with partner Suzy Nettles in 2002. After harvesting vegetables from the garden, the children made minestrone soup. And while Dorie was doubtful at first, she eventually tried it—three bowls' worth.

"When children cook, they feel a great sense of accomplishment," Burleson says. "They want to say, 'Hey mom, look what I can do!' Food becomes a tool for self-confidence rather than a source of fear."

While most kids used to rely on either a cookbook or parent for instruction in cooking, today they can attend a class designed with their needs in mind. Often run by culinary school graduates or skilled aficionados, these classes teach youngsters patience, determination and a willingness to be challenged and try new things—valuable lessons they'll retain for life.

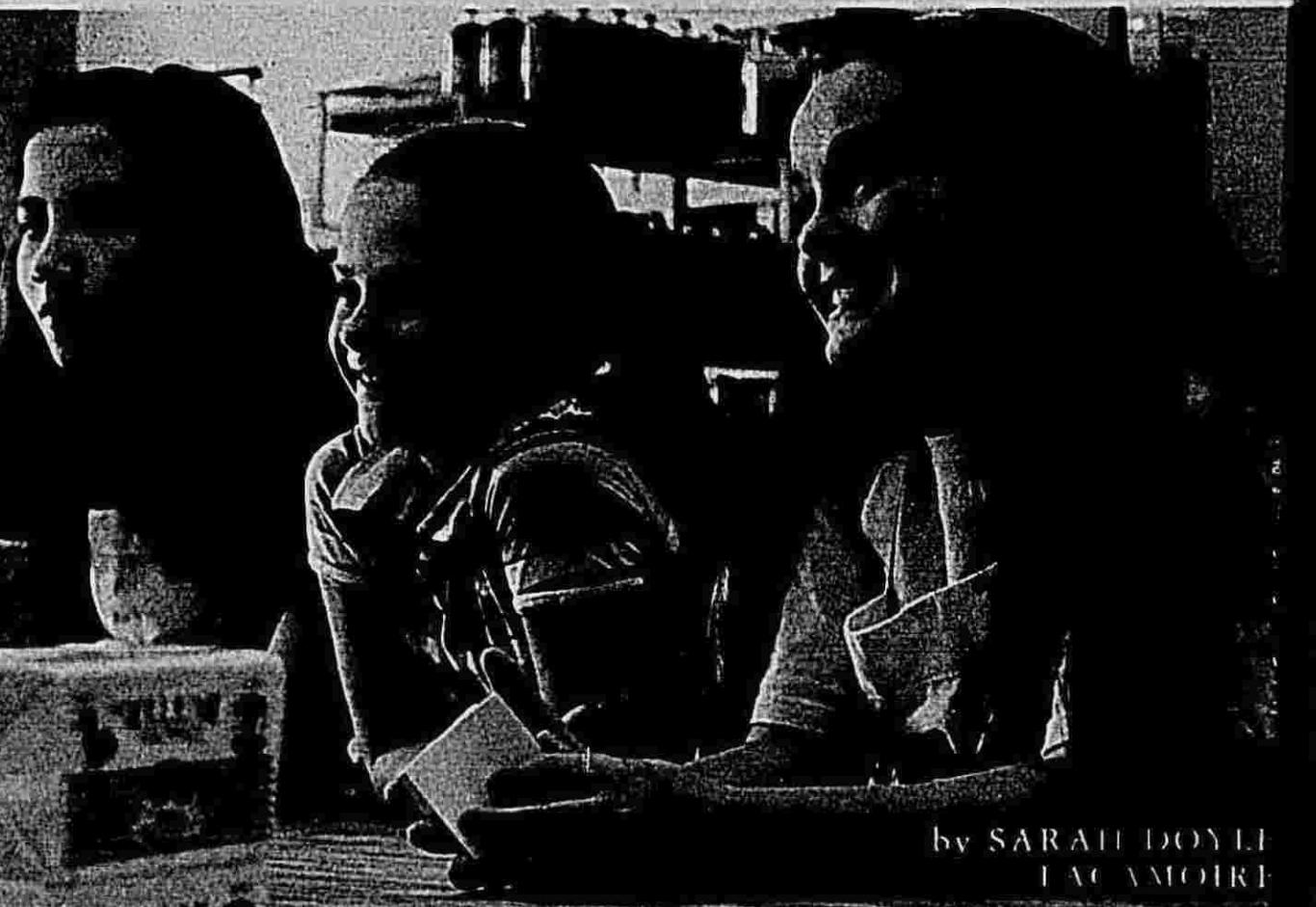
## Cooking is cool

Many children have begun to see food in a new, more positive light, thanks in part to the rise in popularity of celebrity chefs and food-related television.

"I know kids who watch the Food Network instead of cartoons," says Lynn Elliott, founder and instructor at the Way-Cool Cooking School in Eden Prairie, Minn. For Elliott, teaching children the basics of healthy cooking is the main priority.

"Child obesity is a huge issue in America right now," she says. "As a teacher, I feel that it's my duty to teach kids how to eat right."

Healthy, however, does not equate to boring; at Way-Cool's summer Cooking Camp, kids can choose from an array of unique classes, such as "Food Network Fun," which features recipes from the Food Network's celebrity chefs. The camp also offers classes based on characters or scenes in children's books and movies in which campers make Auntie M&M's Cookies from *The*



by SARAH DOYLE  
LACAMOIRE

*Wizard of Oz*, White Rabbit Tea Sandwiches from *Alice in Wonderland* and Quidditch Players Pie from the Harry Potter series.

At the Young Chefs Academy, which now has more than 160 franchises across the country, Burleson uses food to teach students about different cultures and ethnic traditions. "By educating the kids about Jewish cuisine, Christmas in Italy, or Indian spices, for example, we can help bridge that gap," she says.

And this summer, many Young Chefs Academy franchises offered special *Ratatouille*-themed parties, based on the kids' movie released this summer and featuring a rat named Remy who dreams of becoming a great French chef.

Children attend the High Cotton Cooking School (top) and Young Chefs Academy (middle and bottom).



## Culinary teamwork

Children who attend cooking classes at Kitchen Kapers in Moorestown, N.J., not only learn how to prepare scrumptious dishes such as spinach quiche, funnel cake and Moroccan meatballs, they're also taught how to work well with others. In Lisa Prell's classes, students range in age from 6 to 12 and boast various levels of ability and experience—including some with motor skill difficulties.

"It's magical to see the kids working together as a team, regardless of their age, ability or appearance. They

begin to see themselves as equal and help each other out," Prell says.

And while kitchen safety always is a priority, Prell doesn't feel the need to prevent her students from using real knives.

"Kids want the satisfaction of doing things the real way. Cooking is an art form that encompasses all of the senses," she says. "If a child can smell, taste and touch, they're ready to jump in and tackle anything."

Try making the cooking-school-tested recipes beginning on page 8. They're perfect for after-school activities with your kids, and may be the jump-start your little Emerils or Paula Deens need to get them on the road to culinary greatness.

(Continued on page 8)



Sarah Doyle Lacamoire is a freelance writer in San Luis Obispo, Calif.

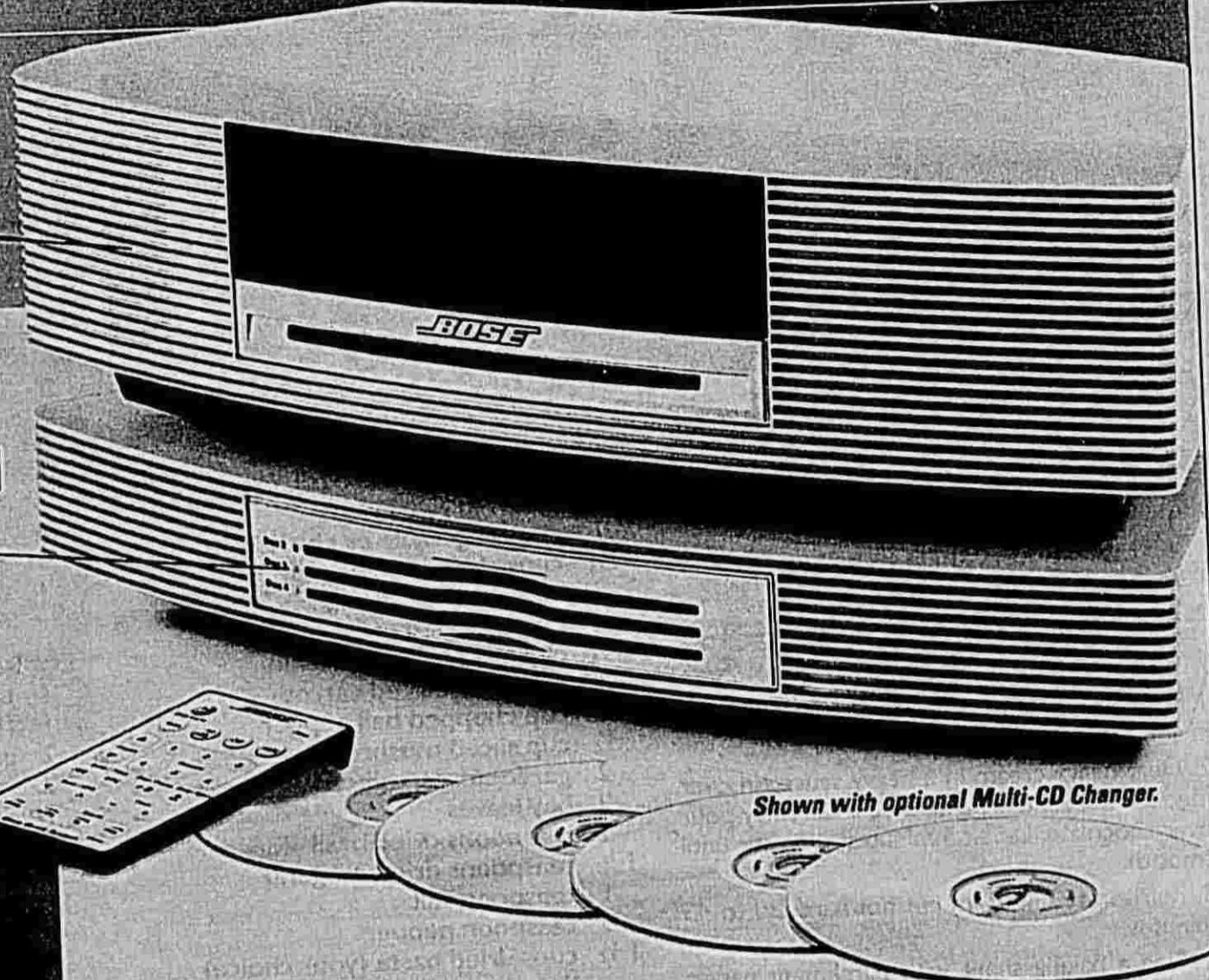


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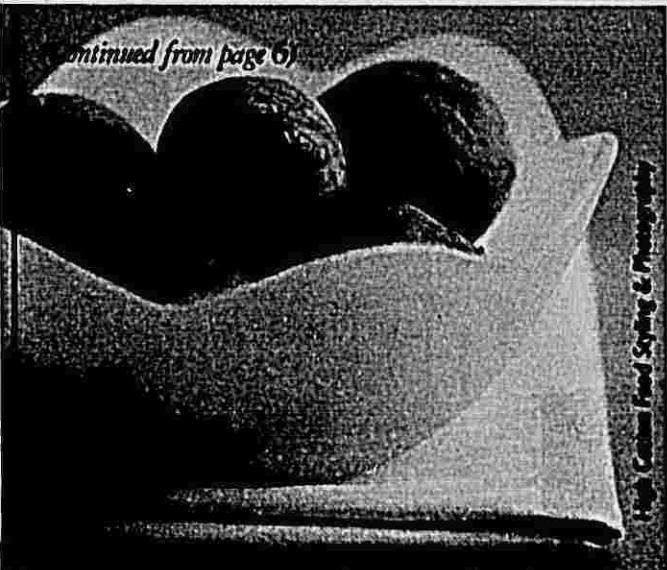


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continued from page 6)



## Chocolate Truffles

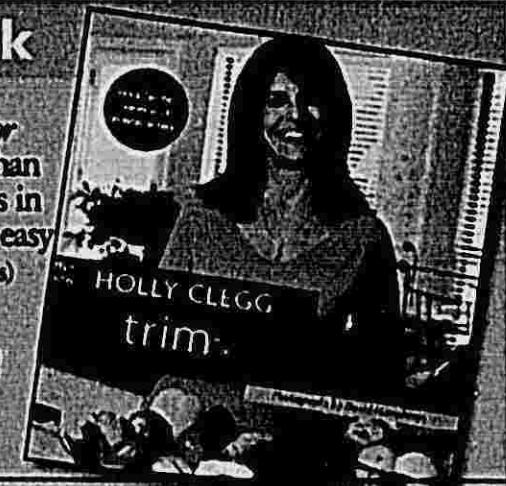
12 ounces semisweet chocolate, chopped into 1/4-inch pieces  
 1 tablespoon orange extract  
 1 tablespoon vanilla extract  
 1/2 cup heavy cream  
 2 tablespoons unsweetened cocoa, sifted

1. Place unsweetened chocolate and the extracts in a 4-quart bowl.
2. Heat heavy cream in a heavy saucepan over medium heat and bring to a boil. Carefully pour over chocolate. Let sit 5 minutes, then stir until smooth.
3. Refrigerate until firm but not hard, 30 to 45 minutes.
4. Line a baking sheet with parchment paper; divide chocolate mixture into 24 tablespoon-size truffles and place in the refrigerator 15 minutes.
5. When truffles are firm enough to handle, remove from the refrigerator and roll each quickly in palms, in a gentle circular motion, using just enough pressure to form smooth rounds. Lightly dust with cocoa powder, shaking off any excess.
6. Store truffles in a tightly sealed plastic container in the refrigerator. Remove from refrigerator about 1 hour before serving.

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## Minestrone Soup

1 sprig each: fresh basil, oregano and rosemary  
 6 cups vegetable or chicken stock  
 1 1/2 cups chopped tomatoes  
 1 cup chopped celery  
 1/2 cup chopped onion  
 1/2 cup thinly sliced zucchini  
 1/2 cup thinly sliced carrot  
 1/2 cup chopped bell pepper  
 1/2 cup sliced mushrooms  
 2 garlic cloves, minced  
 2 bay leaves  
 2 teaspoons dried basil  
 1 1/2 teaspoons dried oregano  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 1 1/2 cups dried pasta (your choice)  
 Parmesan cheese, grated

1. Chop or snip the fresh herbs. Combine stock and herbs in a large pot. With the help of an adult, bring stock to a boil.
2. Add vegetables, garlic, dried herbs, salt and pepper. Reduce heat and simmer 20 minutes or until vegetables are just tender. Add pasta and cook an additional 8 to 10 minutes or until pasta is soft.
3. Remove bay leaves. Ladle soup into bowls and sprinkle with grated Parmesan cheese. Serves 8.



## Egg Rolls & Dipping Sauce

### Dipping Sauce:

1/2 cup reduced-sodium soy sauce  
 1/2 cup rice vinegar  
 1 tablespoon honey  
 1 to 2 teaspoons sesame oil  
 Pinch of red pepper flakes

### Egg Rolls:

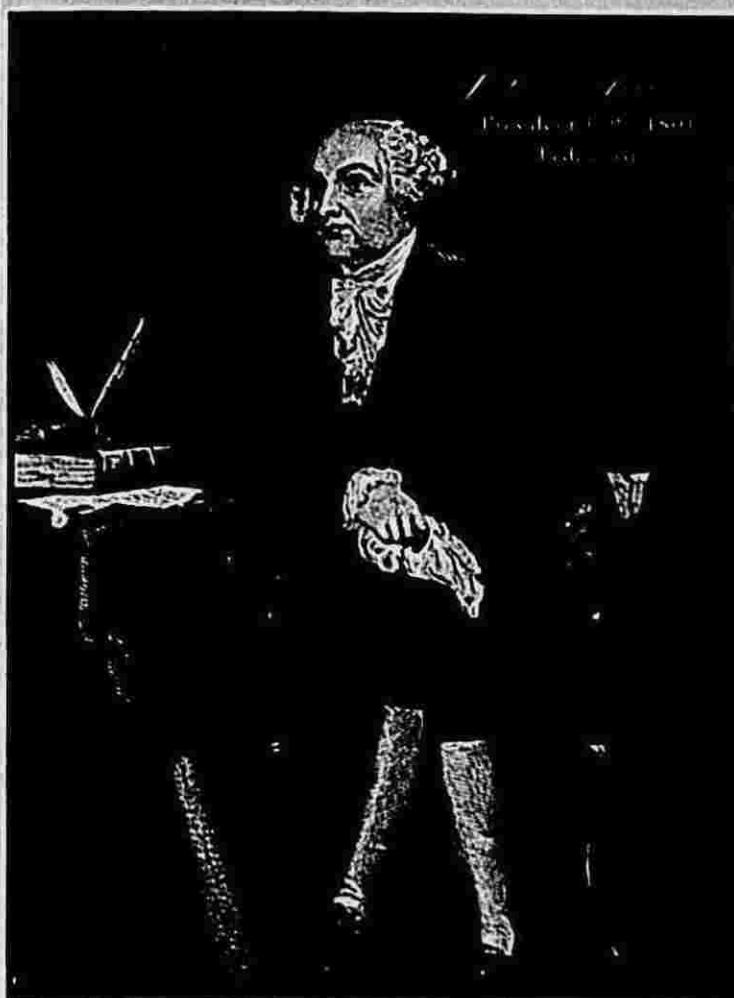
4 tablespoons vegetable oil, divided  
 1 (1-inch) piece fresh ginger, grated  
 2 garlic cloves, finely chopped  
 2 green onions, sliced thinly  
 1 carrot, cut into thin strips  
 1 small red pepper, cut into thin strips  
 1/4 cup vegetable broth  
 2 tablespoons reduced-sodium soy sauce  
 1 tablespoon sugar  
 1 cup shredded napa cabbage  
 1 to 2 tablespoons sesame oil  
 10 cooked shrimp, chopped  
 20 (2-inch square) wonton wrappers covered loosely with a damp paper towel to prevent drying

1. Whisk together all dipping sauce ingredients.
2. To prepare the egg rolls, heat 2 tablespoons vegetable oil in a large skillet over high heat. Add ginger and garlic and stir-fry until fragrant, about 30 seconds. Add green onions, carrot and red pepper and stir-fry 2 minutes.
3. Combine vegetable broth, soy sauce and sugar in a medium bowl. Add to skillet; stir in napa cabbage. Bring to a boil and simmer 5 minutes, stirring occasionally, until vegetables are tender. Add sesame oil. Cool mixture for at least 15 minutes. Stir in shrimp.
4. Place one wonton wrapper so the corner points toward you. Place 1 tablespoon filling in center. Roll the corner closest to you over the filling. Brush the top corner with water. Fold in the sides of the wonton and continue rolling the egg roll up until it is closed. Press to seal, set aside, and repeat with the remaining ingredients.
5. Heat remaining 2 tablespoons vegetable oil in a skillet set over medium-high heat; add egg rolls and sauté until golden brown on all sides, using tongs to turn them. Serve with dipping sauce. Makes 20 egg rolls.

(Continued on page 10)



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- John Adams, who was also the nation's first Vice-President, was the first U.S. President to live in the White House.
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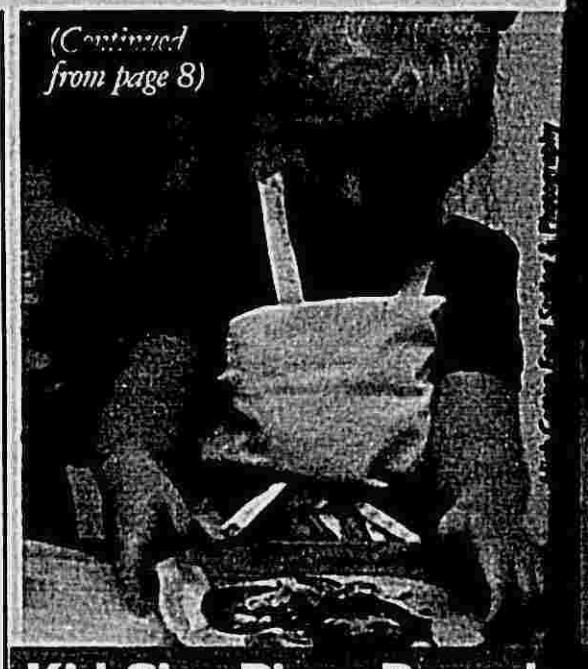
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*(Continued  
from page 8)*



### Kid-Size Pizza Rounds

Make this pizza dough in advance so that your kids can roll it out and top it with ingredients of their choice.

1 package active dry or fresh yeast  
1 teaspoon sugar  
1 cup warm water, 105F to 115F, divided  
3 cups all-purpose flour  
1 teaspoon kosher salt  
1 teaspoon chopped rosemary  
1 tablespoon extra-virgin olive oil  
Assorted toppings, such as tomatoes, herbs, cheese and chicken

1. In a small bowl, dissolve the yeast and sugar in  $\frac{1}{4}$  cup warm water.
2. In a mixer fitted with a dough hook, combine flour, salt and rosemary. Add oil, yeast mixture, and remaining  $\frac{3}{4}$  cup water; mix on low speed until dough comes cleanly away from sides of bowl and clusters around dough hook, about 5 minutes.
3. Turn dough out onto a clean work surface and knead by hand 2 or 3 minutes longer until dough is smooth and firm. Cover with a clean, damp towel and let rise in a warm spot about 30 minutes. (When ready, the dough will stretch as it is lightly pulled.)
4. Divide dough into 4 balls. Work each ball by pulling down the sides and tucking under the bottom of the ball. Repeat 4 or 5 times.
5. Cover dough with a damp towel and let rest 15 to 20 minutes.
6. Preheat oven to 450F.
7. Roll out dough into 8-inch rounds, top with desired ingredients and bake on a pizza stone 8 to 9 minutes.



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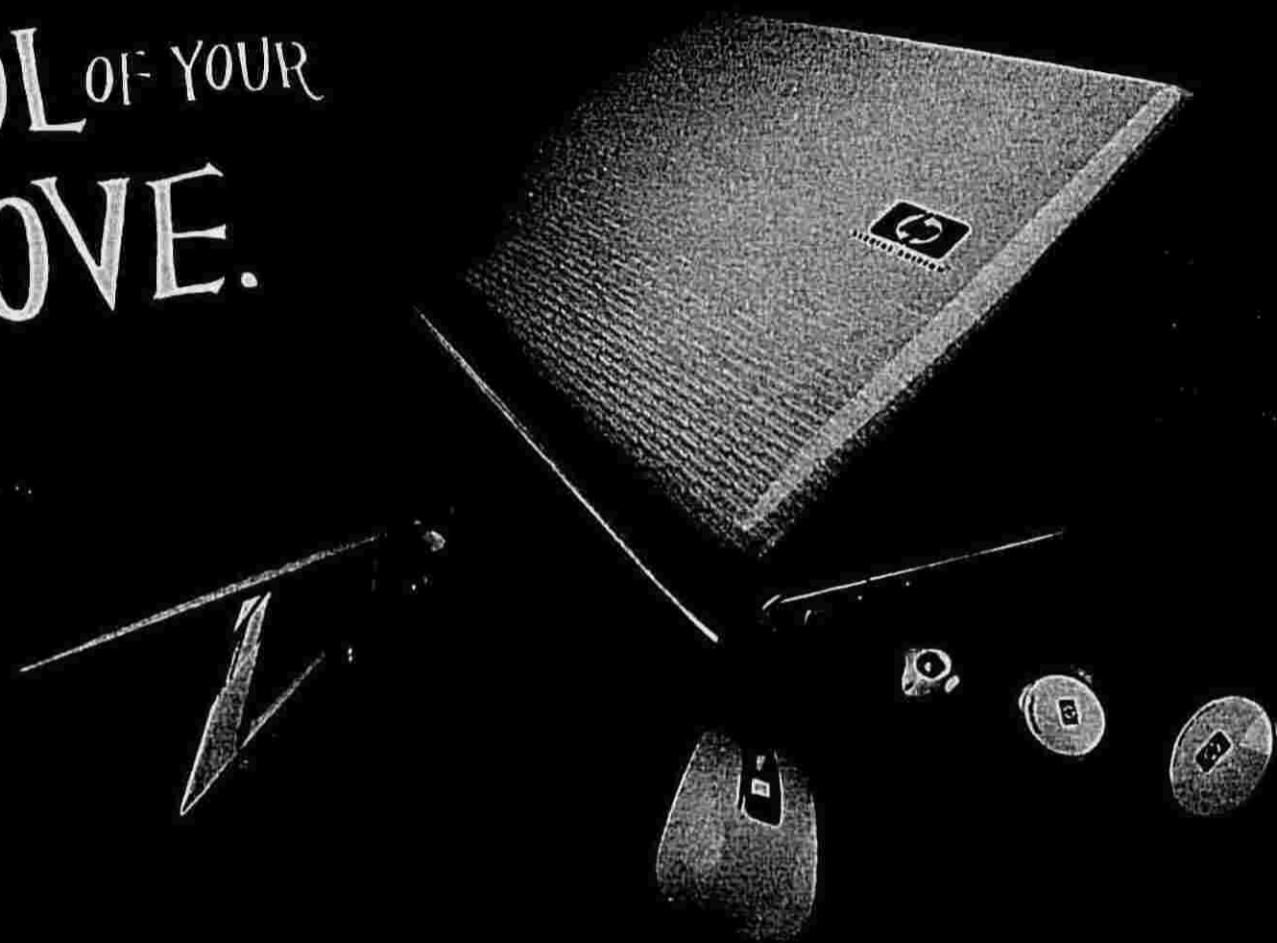
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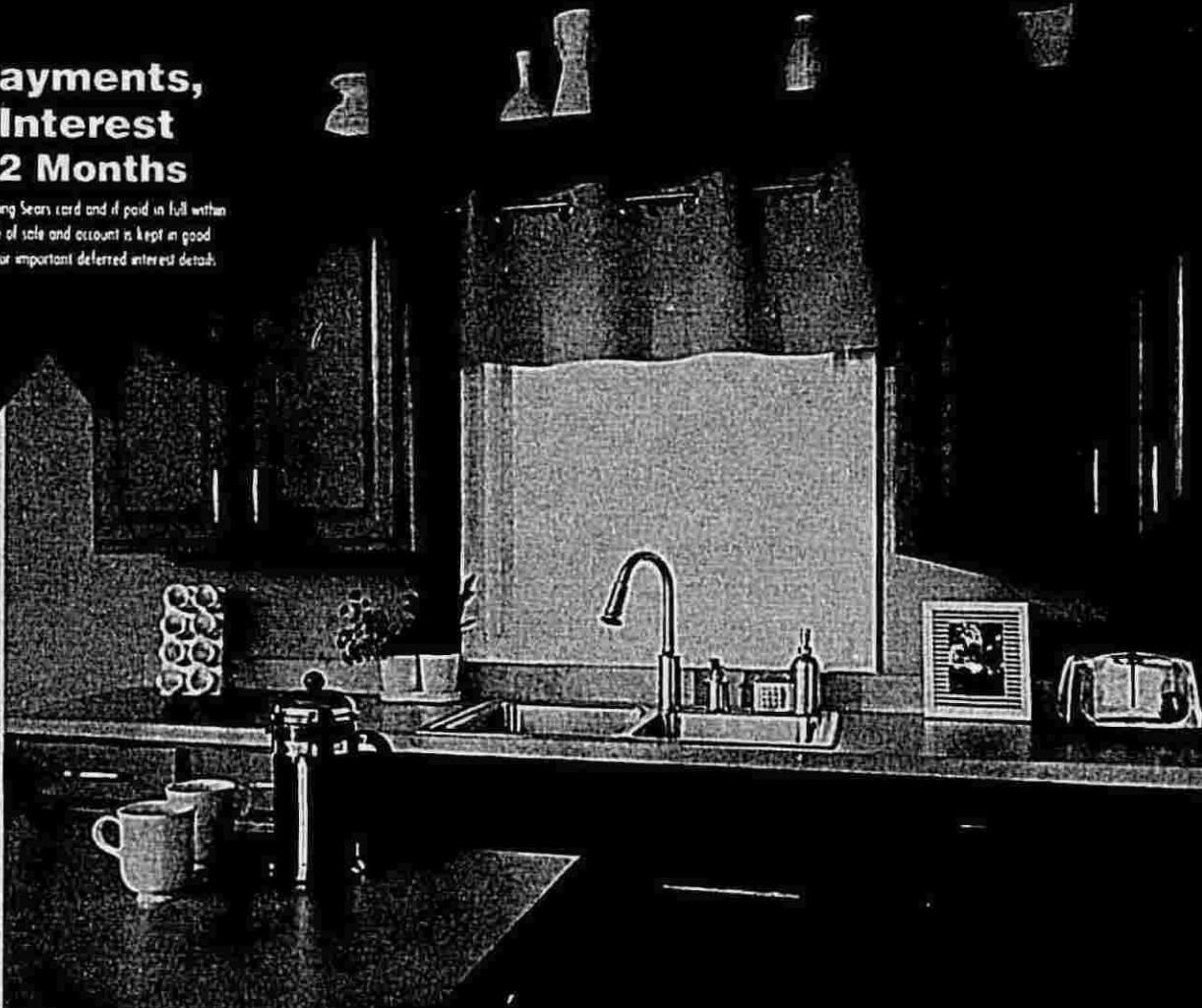
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AUG. 13 -  
SEPT. 2

## Happenings

### ILLINOIS

Threshermen's Reunion—near Pontiac, Aug. 30-Sept. 3. Steam engines, a miniature steam train, threshing and baling demonstrations, sawmills, horse shows, and antique tractor pulls highlight this event at Threshermen's Park. (815) 844-5131.

### INDIANA

Marshall County Blueberry Festival—Plymouth, Aug. 31-Sept. 3. Indulge in blueberry treats, browse nearly 500 craft and food booths, and enjoy gospel music, a car show, 15K run, a parade and fireworks at Centennial Park. (888) 936-5020.

### IOWA

Ag-Rail Heritage Festival—Sioux City, Aug. 18-19. Features oar-threshing and corn-shelling demonstrations, railroad exhibits, vintage tractor and farm machinery displays, and railroad motor car rides at the Milwaukee Railroad Shops Historic District. (712) 276-6432.

### KANSAS

Trout Fishing in America Concert—Lawrence, Aug. 17. Delight in the talents of bassist Keith Grimwood and guitarist Ezra Idlet as they perform family-friendly pop and folk music at the Lied Center of Kansas. (785) 864-2787.

### MICHIGAN

Heritage Car Show and Cruise—Howell, Aug. 26. View antique and classic cars on display and during a cruise through town, with proceeds benefiting disadvantaged children and senior citizens in Livingston County. (800) 831-5027.

### MINNESOTA

Heritage Days—East Grand Forks, Aug. 18-19. A parade, sawmill, threshing demonstrations, a general store, live music, children's games, a 4-H petting zoo, food and a church service highlight this event at Heritage Grounds. (218) 779-5137.

### MISSOURI

Festival of Butterflies—Kingsville, Aug. 10-12 and 17-19. Butterflies in flight, sessions on growing a butterfly garden, and children's activities highlight this event at Powell Gardens. (816) 697-2600.

### NEBRASKA

Rockin' with Rockwell—North Platte, Aug. 25. Artist Norman Rockwell illustrations and life in the 1950s and '60s are portrayed through art, dance and rock 'n' roll music during this benefit for Huntington's disease research, at the Neville Center. (308) 963-4422.

### NORTH DAKOTA

Jam the Dam—Jamestown, Aug. 24-26. A beach party, parade of boats, stunt Jet Ski team show, an appearance by SpongeBob SquarePants, a dance and food highlight this event at Jamestown Reservoir. (701) 252-4830.

### OHIO

Heritage Festival—Piqua, Sept. 1-3. Features traditional skills and craft demonstrations, old-time entertainment, a pre-1870s encampment and an American Indian village at the Johnson Farm. (937) 778-8544.

### SOUTH DAKOTA

Lewis and Clark Heritage Days—Elk Point, Aug. 18-19. Step back into the days of the Lewis and Clark Expedition with a pre-1840 rendezvous camp, historic re-enactments, and demonstrations of period crafts at City Park. (605) 356-2310.

### WISCONSIN

Blue Moon Art Tour—Cable, Drummond, Sept. 1-2. Tour artists' studios along Blue Moon Road in the Chequamegon-Nicolet National Forest and watch as the artists demonstrate their techniques. (715) 798-3833.

Read more Happenings at  
AmericanProfile.com

Submit Happenings to: [www.americanprofile.com/happenings](http://www.americanprofile.com/happenings) or Happenings, 341 Cool Springs Blvd., Ste. 400, Franklin, TN 37067. Submissions must be received four months prior to the event.

### ADVERTISEMENT

# If You Go into a Nursing Home Will Your Spouse Go to the Poor House?

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Rich people don't have to worry because they can afford super-expensive special nursing home insurance, while the poor are taken care of by Medicaid.

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The fact is, if you don't know how to protect your assets, here's what can happen to you. By law, before Medicaid will pay nursing home bills, you may have to spend all your countable assets except \$2000 (or as low as \$1500 in some states). Countable assets mean not only money in checking and savings accounts...but also any funds in CD's, IRA's, Savings Bonds, Mutual Funds, stocks, whole life insurance, annuities and other types of investments, as well as most trust assets.

They can also take a vacation home or a second car. In

addition, (except for a small personal spending allowance and a health insurance payment allowance) your entire Social Security or pension check can be taken to cover nursing home expenses. What's more, if you are single or widowed, you can even lose your house.

According to the federal law called the Spousal Impoverishment Act, if one spouse requires extended nursing home care, the healthy spouse can be forced to surrender HALF of their combined countable assets. And if you have a sizeable estate, they can legally take MORE THAN HALF.

Is there anything you can do to stop this nightmare from happening to you? Yes. You are protected by law and can use several legal techniques to place your countable (or vulnerable) assets into the uncountable (or protected) category. The problem is, most people are not aware of their legal rights. Unfortunately, most people think Medicare will take care of them, so they unknowingly leave their assets vulnerable and in jeopardy.

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- How to protect your house from being sold to pay your nursing home bills
- How to protect a second car or vacation home

• If you give your money to your children without following these precise guidelines, a nursing home could get your money anyhow

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# RESULTS!



*"Now I have the energy to keep up with my little boy, and I can shop for clothes at any store!"*

*"My energy level has soared, my attitude is more positive, and life just seems clearer to me now."*

*"I fought this weight demon all of my life and have finally won the battle, thanks to NutriSystem."*

*"Finally, now I can dress like the woman I've always wanted to be!"*



*"The program works, and it's easy to follow. I wish I had done this years ago."*

*"I had huge success because of the delicious foods, simplicity, and great online support."*

*"Losing 22 lbs.\* has gotten me back to where I wanted to be in my life. I'm 'me' again."*

*"NutriSystem was the best thing I have ever done for myself—a great investment in me."*



*"I'm so happy. I'm not embarrassed for people to see me any more. I go places."*

*"I never wanted to look good for having 3 kids. I wanted to look good PERIOD!"*

*"After my baby, I was wearing size 18-20. Now I fit into a size 4-6\* and I've reclaimed my life!"*

*"Now I can compete in sports again, and know I've set a good example for my family, too."*



*"It feels wonderful to finally be in control of my life."*

*"NutriSystem eliminated any excuses for failure. I got to eat my favorite foods and still lose weight!"*

*"Now 102 lbs.\* lighter, I no longer feel invisible—in fact, I'm getting noticed!"*

*"Not a day goes by that I don't receive compliments on my appearance."*

\*Results not typical. Individuals are remunerated. All other weight loss claims are based on an independent survey of NutriSystem clients who followed the program for an average of 12 weeks. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.

# "You know how everybody says, '40 is the new 20'? Well, I decided to prove it."

"Now I'm even sharing clothes with my teenage daughter!"

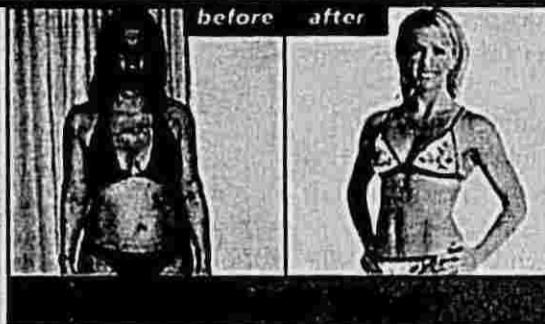
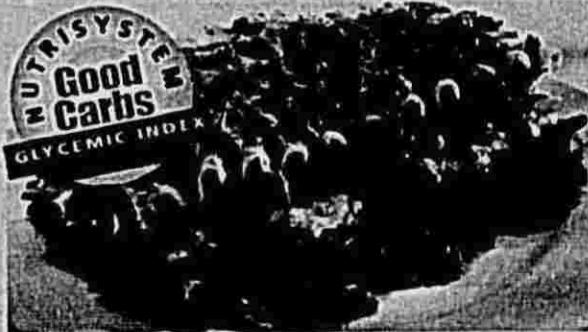
The closer Julie's 40th birthday came, the worse she felt about the way she looked. She found herself buying larger sizes and frumpier fashions to cover up her changing body. She tried diet and exercise programs, only to find that she'd gain the weight right back. On the day she discovered that her weight had reached an all-time high, Julie made the decision to try something new. That's when Julie turned to NutriSystem...and she hasn't looked back since!

I really was dreading my birthday. Not because I minded turning 40. After all, I had a great life...a husband I loved...two great kids. But I wasn't ready to look middle-aged. And to tell you the truth, I was beginning to look like a frumpy, middle-aged woman.

You know, I was wearing the billowy dresses and the oversized pajamas that would hide my growing curves. And I'd make sure that the lights were down good and low before getting into bed. I didn't even want to walk across the bedroom with my husband in the room!

"I stepped on the scale and freaked out!"

Then when I stepped on the scale and realized that I was just 3 pounds away from the "overweight" category for my height and body type, I just freaked out. I said, "That's it... I'm ordering NutriSystem and I'm really going to do this!" It was the best decision I've ever made!



"Now I'm not afraid to 'strut my stuff!' That's a BIG change!"

23 pounds\* lighter, I feel so much more attractive. For one thing, I'm wearing a size 2 (even the occasional 0)\*. I can borrow clothes from my teenage daughter. I'm definitely dressing younger and in more body-conscious fashions. And I have no problem prancing around in my bikini, without a cover-up or even a sarong! Now that's a big change!

I feel so much better—about myself and about my body. No more coming to bed in baggy pjs with the lights off...now I'm struttin' my stuff! Now my husband looks at me as if he's found a new wife. And in a way, I guess he has!

"NutriSystem really took the work out of weight loss."

I've tried a lot of other diet programs (and I mean A LOT!), but none of them made weight loss as simple as NutriSystem did. There was no counting calories or cooking special meals—every single NutriSystem meal was delivered right to my door! I actually had something like 120 meals to choose from. My family would eat its meal and I'd eat mine. And the NutriSystem meals were so good that I never felt like I was missing a thing.

"I discovered the NutriSystem Glycemic Advantage™."

Most diets insist that you give up carbs. But with NutriSystem, I got to eat all the food I love, like pizza, pasta, and especially chocolate! And it's all because of something the NutriSystem folks call *The*

Glycemic Advantage™. Somehow, they've found a way to separate "good carbs" from "bad carbs" in their foods. Apparently, it's a real scientific breakthrough. All I can tell you is that eating those delicious meals sure felt like a breakthrough to me!

The bottom line is that NutriSystem worked best for me. I reached my goal in just two and a half months... and I haven't stopped yet. 23 pounds\* and still going!

But the best part about losing weight is the way I feel about myself. I just love the new me! Not just the way I look, but everything about me—my strength, my energy, my drive, and my enthusiasm (I'm pretty happy about what I see in the mirror, too!). Thanks to NutriSystem, turning 40 was about the best thing that's ever happened to me!

"Trust me...if I can do it, you can, too!"

I don't like diets. I'm not somebody who finds it easy to give up desserts and the special meals I love. But NutriSystem worked for me. And it was so easy. Once I made the decision to lose weight, NutriSystem made it simple. Make the change. You can make a difference in how you look and how you feel. Give NutriSystem a call.

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\*Results not typical. Individuals are remunerated. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.



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Hometown  
Hero

by JUDY WOODWARD BATES

## Sweetheart Behind the Wheel

As the doors swing open, a procession of students climb aboard a bus departing Fultondale (Ala.) Elementary School. Before taking his seat, one of the youngsters gives driver Sarah Grigsby a handmade paper card with the words "I Love You" scrawled above a big red heart.

"Thank you, sweetie," says Grigsby, 71, leaning forward in her seat to hug the little boy. The card is a small token of appreciation from one of the thousands of students that the cheerful grandmother has welcomed onto her bus during the last 52 years.

"It's not just a job for her," says Principal Cynde Cornelius. "She really loves the kids."

For Grigsby, who's logged almost a million miles behind the wheel, driving a school bus is a family tradition. "In 1925, my daddy contracted with Jefferson County (Ala.) for \$100 a month to provide the very first bus and driver to take kids from Glenwood to Mortimer-Jordan School," she says. "My brother J.P. was the next one to drive a bus. And then, when I started first grade, my mama started driving one, too."

When Sarah was in high school, she met and married Huston Grigsby, who began driving a school bus in the 11th grade. Sarah's own driving career began one January morning in 1956 when Huston awoke with a fever and she phoned the school superintendent to report that her husband couldn't drive his route.

"The superintendent said to me, 'Ever driven a pickup?' I told him, 'Once, for about five miles.' Then you go drive Huston's route,' he said. I've been driving ever since," Sarah says.

**Sarah Grigsby**



Grigsby, a school bus driver since 1956, gets a big hug from student Alaina Hammett.

Much has changed since the 1950s, including a state regulation that now requires Grigsby to be recertified as a bus driver each year. "The buses used to have no heat or air conditioning," she recalls. "The wipers ran off a vacuum, so when you drove uphill, they didn't work. I had to use a hand-operated lever to keep the window clear."

Through the years, she's had a few close calls behind the wheel. "One morning I had 119 kids on board and my rear axle broke as we were crossing a railroad track," she says. "We could hear the train coming. Some of the big boys jumped out and pushed us clear just in time."

Today, Grigsby starts her route in the early morning hours, driving 100 miles every weekday as she shuttles elementary and high school students around Jefferson County.

"I let the last one out about 3:40 p.m., and then I'm home for the day, unless there's a game—I drive the ball teams," she says. "I love what I do, but it's not for everybody."

Still, Grigsby wouldn't have it any other way. The joy of driving a school bus has spread throughout her family. All of her children—Lonnie, Jonathan, Sharon and Patricia—have driven school buses, along with her brother Ray, her nephew Tim, and nieces Rita and Diane. "At one time I had nine buses parking at my house," she says with a grin.

Her warm demeanor and familiar face have left a mark on generations of Jefferson

(Continued on page 19)

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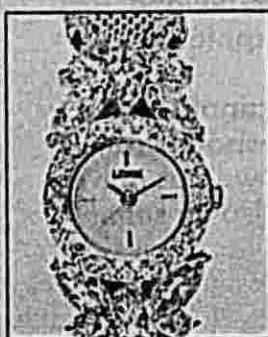
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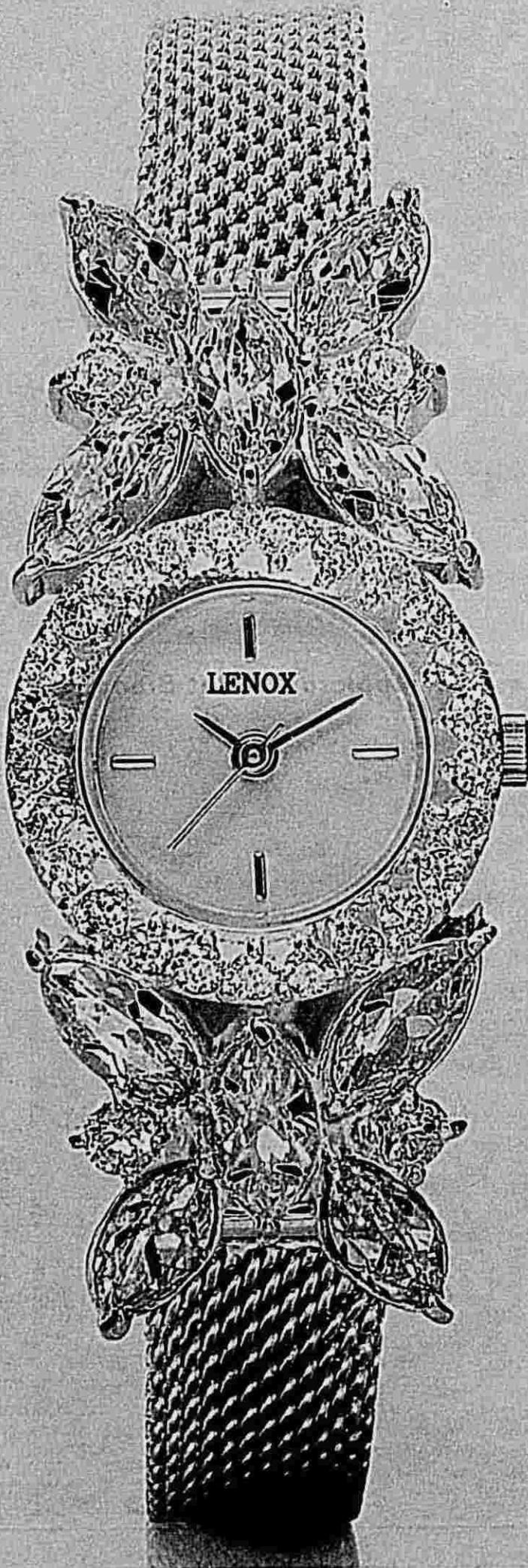
Grigsby's bus waits for students at Fultondale Elementary School in Alabama.



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Hometown  
Recipes

# School Day Snacks

Schools will open soon for the fall session, and that's got moms and dads thinking about nutritious breakfasts to start the day, foods to pack in school lunches, and healthful choices for after-school snacks. This week, *American Profile* offers two quick bread recipes that are perfect for all three.

Jan Wiles of Holly Hill, S.C., sent us her recipe for Pear Bread. "We have three pear trees that really bear fruit! I've never done much canning, so I created this recipe to use our fresh pears. My family loves this simple and delicious bread, and it freezes well."

The recipe for Applesauce Nut Bread, from Jeanette Hoagland, is delicious straight from the oven, served at room temperature, or toasted and spread with butter. "I received this recipe 28 years ago from a coworker. Ever since then I've made it to give to my family and friends," says the McHenry, Ill., resident. These loaves can be made ahead and frozen.

As always, *American Profile* looks forward to receiving your recipes and sharing them with our millions of readers across the nation. To submit a recipe of your own, send it, along with the story behind it and a color photograph of yourself, to: Hometown Recipes, *American Profile*, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Please note that recipes and photos will not be returned.

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## RECIPE: Pear Bread

*American Profile*

Jan Wiles  
Holly Hill, S.C.

Photo: High Cotton Food  
Styling & Photography

## RECIPE: Applesauce Nut Bread

*American Profile*

Jeanette Hoagland  
McHenry, Ill.

Photo:  
Style:

### Pear Bread

3 cups all-purpose flour  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
1 1/2 teaspoons cinnamon  
3 eggs, slightly beaten  
1/4 cup vegetable oil  
2 cups sugar  
2 cups peeled and chopped pears  
2 teaspoons vanilla extract  
1 cup chopped pecans or walnuts (optional)

1. Preheat oven to 325°F. Grease and flour two 8 1/2-by-4 1/2-inch loaf pans.
2. Combine flour, baking soda, baking powder, salt and cinnamon in a medium bowl. Mix eggs, oil, sugar, pears and vanilla in a small bowl; add to flour mixture, stirring just until moistened. Stir in nuts, if using.
3. Spoon into pans. Bake 1 hour to 1 hour and 10 minutes, until a wooden pick inserted in the center comes out clean. Cool 10 minutes before removing from pans. Slice when cool. Makes 2 loaves.



### Applesauce Nut Bread

2 cups all-purpose flour  
1/2 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
1 cup, plus 1 tablespoon, granulated sugar, divided  
1 cup applesauce  
2 eggs  
1/2 cup canola oil  
3 tablespoons milk  
1 1/2 cups walnut halves  
1/4 cup brown sugar

1. Preheat oven to 350°F. Grease and flour two 8 1/2-by-4 1/2-inch loaf pans.
2. Combine flour, baking powder, baking soda, salt and cinnamon in a large bowl. Mix 1 cup granulated sugar with applesauce, eggs, oil and milk in a small bowl; add to flour mixture and mix well. Stir in walnuts.
3. Spoon into pans. Mix brown sugar with the remaining 1 tablespoon granulated sugar, and sprinkle evenly over tops of loaves. Bake about 1 hour, until a wooden pick inserted in the center comes out clean. Cover loaves with foil for the final 20 minutes of baking if they begin to get too brown. Makes 2 loaves.



Grigsby has been behind the wheel for 52 years.

(Continued from page 16)

County residents. "I had my grandchildren on the playground at McDonald's a while back and saw some children who ride my bus," she says. "When their grandmother spotted me, she just lit up, calling out, 'I know you! I used to ride your bus!' I know whole families, and they're all so special to me."

Fultondale Councilman Darrell Hubbert rode Grigsby's bus from first through 12th grade, as did his children Chaney and Katie. He even waited for Grigsby's bus with his granddaughter Zoe last year on her first day of elementary school. "I think it's wonderful," says Hubbert of sharing a common link with his granddaughter. "I have so much respect for Mrs. Grigsby. She's a great lady."

Grigsby hopes to keep driving as long as she's able, carrying on a tradition that would make her late husband proud. "Huston always said he wanted to drive a bus for 50 years," she says. "He'd made it 46 and a half before he passed away. So I've done it for him." 

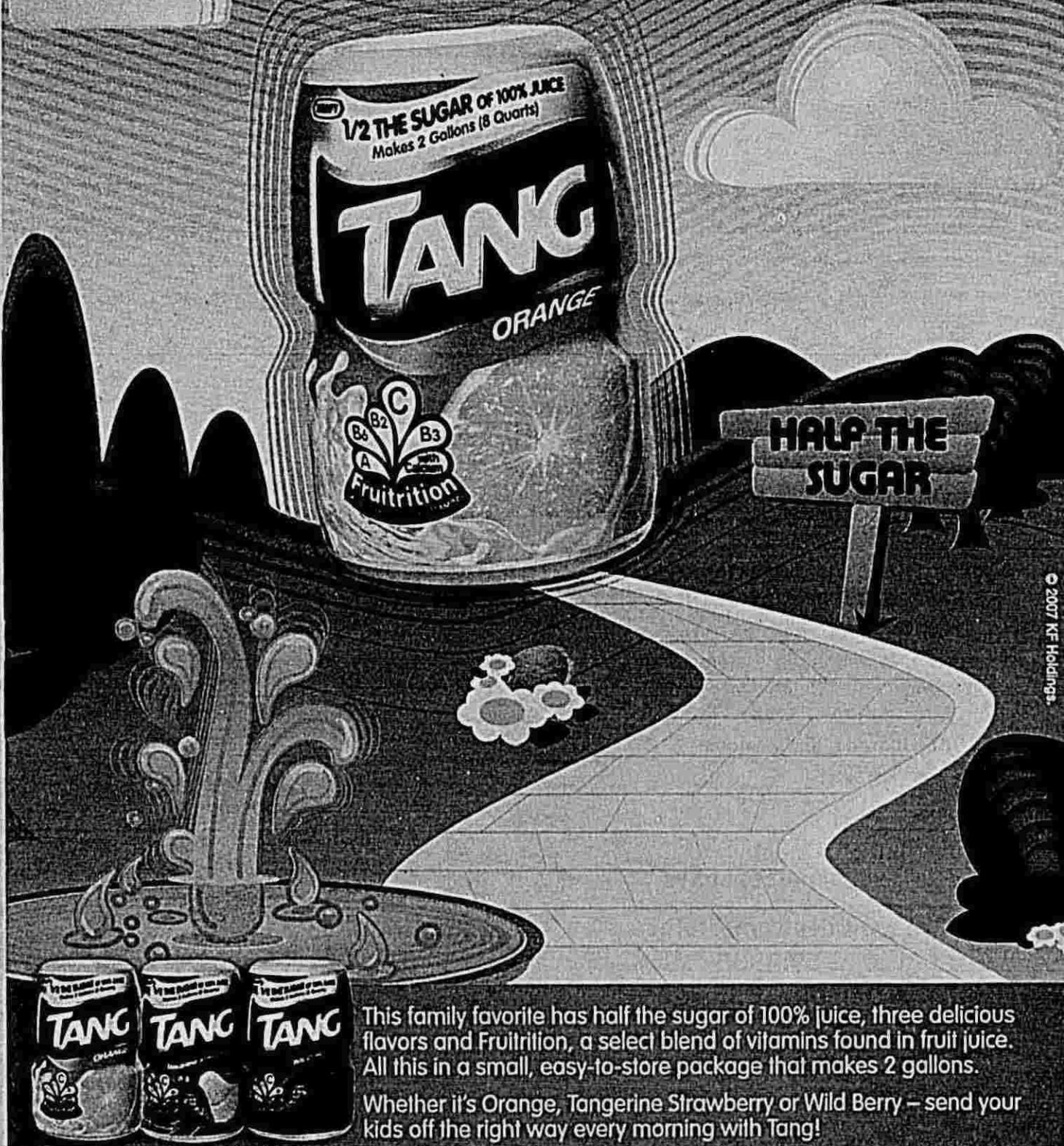
Judy Woodburn Bates is a writer in Dora, Ala.

To rate this story or post a comment, click on this story at [americanprofile.com](http://americanprofile.com).



Students board the bus in Fultondale, Ala.

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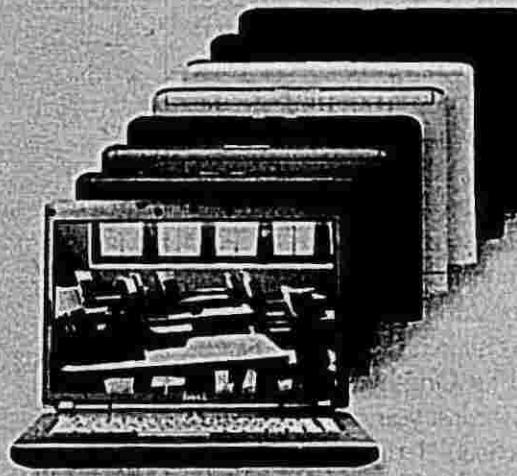
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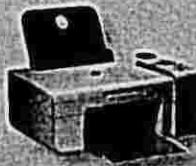
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SPECIAL EDITION • AUGUST 2007

# FAMILY OWNED BUSINESSES

HERE'S A GREAT OPPORTUNITY TO MEET AND LEARN MORE ABOUT THE AREA'S FAMILY OWNED BUSINESSES AND THEIR STORY.

ANTIOCH PUBLIC LIBRARY DISTRICT  
757 MAIN STREET  
ANTIOCH, IL 60002



Advertising Supplement to the  
LAKE COUNTY JOURNALS

Name or Business & Significance of name: The Pampered Panda

Business Address: 716 E. Grand Ave. City: Ingleside Zip: 60041

Business Phone: (847) 587-2639

Owners' Names: Aidan & Peggy Mullett

How long have you been in business? 2 years - at this location since mid-October

What does the business offer/specialize in? Hand-poured soy candles, palm wax & beeswax candles, natural bath & body products, home decor & gift items

What makes your business unique? Not a franchise or national chain, candles and bath & body are made on site.

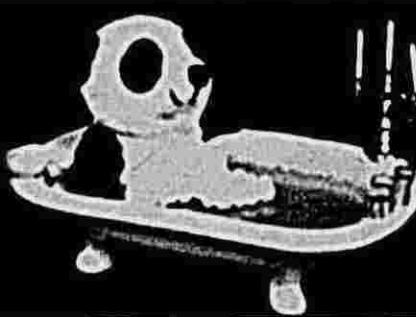
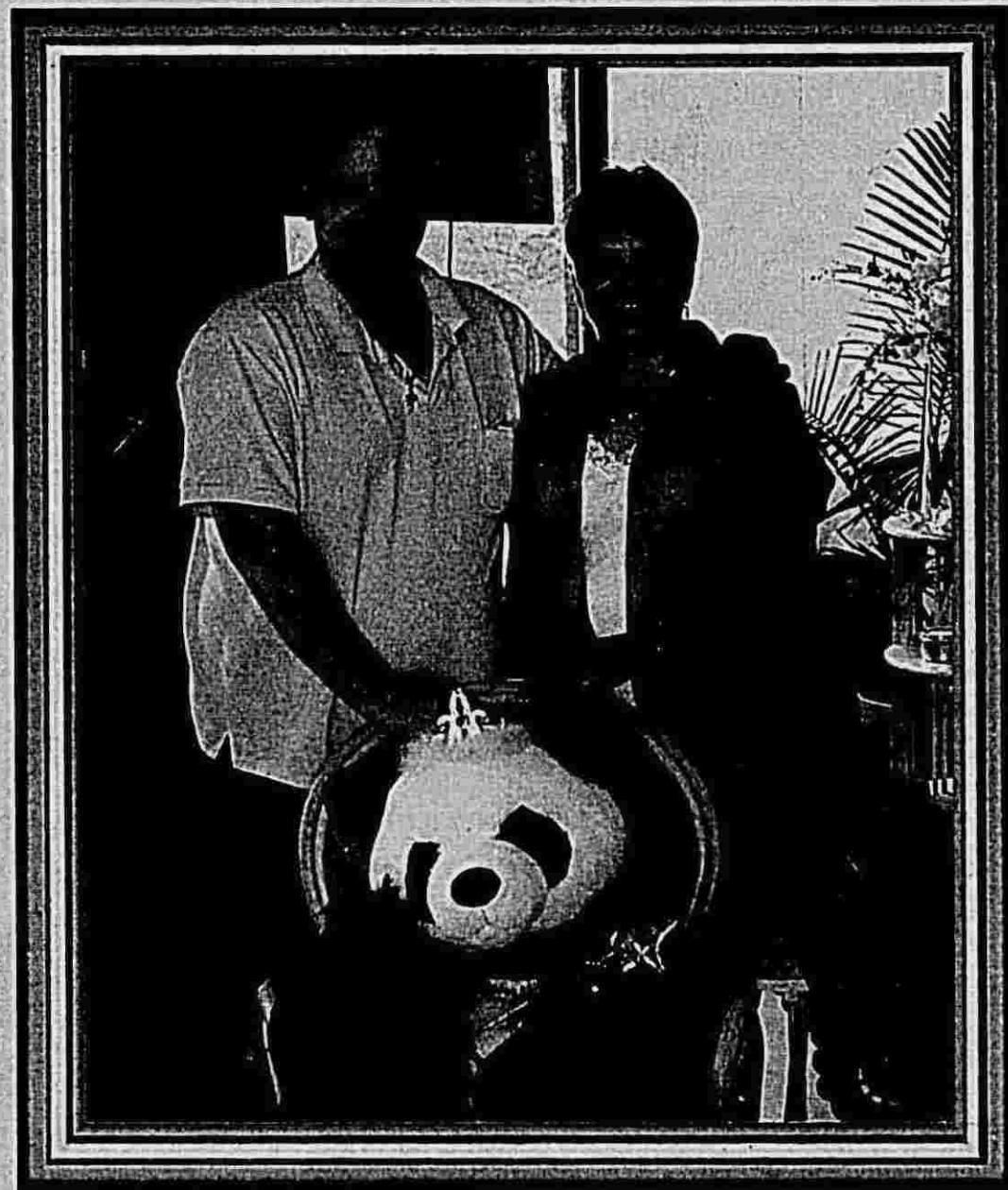
Custom orders are welcomed.

How many children? 3

Are they involved in the business too? No

Did you follow your parents &/or will your children follow you into your business? No, and probably not.

Further information of interest: Started out with just candles & called it Panda Candleworks - P(eggy) AND A(idan). When something else was needed, I wanted to do gift baskets. Bath & body products were the perfect progression. Panda Candleworks no longer was descriptive enough, thus The Pampered Panda. Our logo & mascot, Pam the Pampered Panda, sits in the middle of the shop wearing a feather boa & jewel encrusted tiara.



## *The Pampered Panda*

*Natural Bath, Body and Personal Care Products*

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[www.ThePamperedPanda.com](http://www.ThePamperedPanda.com)



Name or Business & Significance of name: *Alexandria's Soap Opera* - named after Denise's 3 year old daughter

Business Address: 915 Main Street City: Antioch, IL 60002

Business Phone: 847-838-3632

Owners' Names: *Denise Cornville & apprentice Ashley Emma, a new addition to Alexandria's, brings her studies of Aromatherapy & Herbalism as well as a design aspect to the shop.*

How long have you been in business? *8 years - 2 years in Antioch.*

What does the business offer/specialize in? *All hand-made products, Aromatherapy & Herbalism, and custom gifts.*

What makes your business unique? *Alexandria's Soap Opera offers the option to custom scent, color and mold any of our 100% vegetable glycerin soaps, as well as any of our milk & honey lotions, moisturizing body mists, and 3 in 1 shower gel, bubble bath & hand wash. We also make herbal teas and bath teas to help combat fatigue & aching muscles. From facial blends to soy candles, we have it all to help even the most stressed personality take a breath and relax.*

How many children? *2, Nick; 17 years old & Alexandria: 3 years old.*



✉ 915 Main Street, Antioch, IL ~ ☎ 847-838-3632

# ALEXANDRIA'S SOAP OPERA

Hours: Sun. 11am-4pm • Mon. 12pm-5pm • Tues. 11am-5pm • Wed.-Sat. 11am-6pm



The lap of luxury is your own. Set in historical downtown Antioch, Alexandria's Soap Opera offers spa quality products, at olde world prices.

## BODY SPRAYS

Our body sprays are scented to your liking and coupled with it's moisturizing base, leaves skin feeling & smelling great.

## MILK & HONEY LOTION

Milk and Honey lotions leave a silky feel to the skin & any scent that you choose will stay with you throughout the day. Make sure to store out of direct light & heat for optimal shelf life.

## FACIAL CLAYS

To help rejuvenate your skin cells and keep your skin looking young and fresh try one of our three all natural facial clays.

## ALL NATURAL CHAPSTICK

Flavors include: Banana Blitz, Bubble Gum, Cafe Latte, Chocolate Mint, Cold Sore Relief, Double Mint, Lavender Vanilla, Lemon Pie, Mango Madness, Orange Vanilla, Patchouli, Pina Colada, Raspberry Delight and Toasted Coconut

## 100% SOY LOTION BARS

Soy is superiorly known for its regenerative and rejuvenating affects on the skin. Our lotion bars are 100% Soy based for use on hands, feet and face. Simultaneously acting as long lasting tarts for burners.

## HANDMADE SOAP

Our glycerin soaps are made with the purest vegetable glycerin. They are very moisturizing and gentle on the skin. The coloring used is cosmetic grade and has been FDA approved. We at Alexandria's do not condone the use of animal by-products, nor do we condone animal testing. You can also choose to have your soap custom made in any mold.

Name or Business & Significance of name: *Hairaphernilia*  
*Salon & Spa - from the word Paraphernalia (meaning accessories)*

Business Address: 935 Main Street City: Antioch, IL 60002

Business Phone: 847-395-0192

Owners' Names: *Katherine Thompson/Michaels*

How long have you been in business? *12 years - 6 years in Antioch*

What does the business offer/specialize in? *Color, color corrections, specialty cuts and razor cuts*

What makes your business unique? *At Haraphernilia we exceed client expectations. Our stylists not only have a passion for their careers, but we also work as a team. We care for our clients needs as if they were our own. Kathi is a master stylist and has trained her staff to anticipate the needs of the individual client. We at Haraphernilia want each person to feel as if they are family. We specialize in color and hair sculpting. From mild to wild and everything in between!*

How many children? Are they involved in the business too?

*Katherine has 2 daughters, Celeste, 27, and Tawnie, 17, and one son, Trey, 23. She also has one grandson, Jomac, 5 months old.*

Further information of interest: Our motto is "Shoot for the moon, even if you miss, you'll land among the stars."



*Lisa Wageman - Cosmetologist, Kelly Toms - Cosmetologist, Jane Paley - Jewelry Designer, Brittany Bech - Receptionist, Kim Foster - Cosmetologist, Kathi Thompson - Owner & Color Specialist, Ryan Bulava - Cosmetologist, Chris Henders - Receptionist*

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Name or Business & Significance of name: Miller's Dog 'n Suds  
 Business Address: Corner of Rollins Rd. & Washington St.

City: Ingleside Zip: 60041 Business Phone: 847-587-6808  
 Owners' Names: Roy & Brad Miller

How long have you been in business?

Opened in 1967 by Roy's parents Jerry & Evelyn Miller.

What does the business offer/specialize in? Frosted mugs of homemade rootbeer.

What makes your business unique? Classic 50's style drive-in with carhop service. Celebrating 40 years! Many area teens have found their first job at Miller's, which has passed on a strong work ethic and importance of customer service with a smile.

Are your children involved in the business too? Yes-

4th generation. Brad's 10 year old son is already in training.

Did you follow your parents &/or will your children follow you into your business? Yes, my son Brad has managed the business for 15 years and my grandson Bradley is starting the same way his dad did.

Further information of interest: Open until mid October. Voted one of the top 10 hot dog stands in the Chicago area.

Everything is made fresh to order. Every Saturday night is Cruise Night featuring "Oldie" cars & trucks. Entertainment on various Saturday nights throughout the season.

Wednesday nights are Kid's Nights - Their meal comes in a "50's" style cardboard car that they can keep.



**Open Until Mid October**

**(847) 587-6808**

*corner of Rollins Rd. &  
 Washington, Ingleside*

**Cruise Night Every Saturday**  
**Kids' Night Every Wednesday**  
**\$2.00 Keep The Car**



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**509 Washington, Ingleside (next to Dog 'n Suds)**

Name or Business & Significance of name: *Ciko Realtors*

"A Trusted Name in Real Estate"

Business Address: 532 Lake St. City: Antioch Zip: 60002

Business Phone: Pat-847-875-7917 Nick-847-875-5895

Owners' Names: Pat & Nick Ciko, Mother-Son Team

How long have you been in business? Pat, a ReMax Hall of Fame Member, has been selling since 1985. Pat and Nick are considered the area's local experts. Nick, a member of ReMax Executive Club, has been selling since 2001.

What does the business offer/specialize in? Our business specializes in helping people realize the American Dream of "Home Ownership".

What makes your business unique? The customers make our business unique by filling their individual needs in the the current market place, and bringing them through smooth transactions. We give 110% to each client.

How many children? 2 children, and 2 grandchildren

Are they involved in the business too? yes, Nick, Pat's son is a Realtor

Did you follow your parents &/or will your children follow you into your business? Pat's father was a realtor. Her son, Nick, joined ReMax and joined forces with Pat to better serve their client's needs.

Further information of interest: We are constantly updating our technical and marketing skills. We currently have several prestigious realtor designations, requiring many hours of education and are continuously obtaining more knowledge to stay experts in their field.

To quote a past client, "Pat and Nick, we thank you for your patience, attention, courtesy, kindness, humor and professionalism. Your knowledge and savvy people skills helped us make a smooth transaction into our new home and severely helped reduce our moving anxiety and stress."



Pat Ciko



Nick Ciko



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**BEAUTIFUL HOME, BEAUTIFUL VIEW**  
Lrg 4 BR, 2.5 BA 2 story offers a park-like setting in the backyard, backing to forest preserve. 2 story foy welcomes you to the fml LR & DR. Lrg kitch w/ island, sep EA & sliders to the extended deck to enjoy the fab view. Huge fam rm w/ FP. Lux mstr suite w/ dbl sinks, wrpl tub & sep shower. Beautiful fin bsm. Motivated seller in Lake Villa! Only \$315,000 plus \$3,000 in closing cost credits.  
Call Pat at 847-875-7917 or Nick 847-875-5895



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Estates**

**HIGHLAND ESTATES,  
SPRING GROVE**  
Overlooking Spring Grove! Pick your lot from an array of awesome views and rolling hills in this development of premium acre + lots. Quietly located off Route 12, down the street from the new Spring Grove Jewel. Build your home or choose your builder. Competitively priced, starting in the mid \$90,000's. Call for covenants.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**HOT PROPERTY, COOL  
PRICE, COOL POOL!**  
Cath cel's & skylights welcome you to this 4 BR, 2.5 BA home w/ rare 1st fl master suite & cul-de-sac location. Dramatic flr to cel, dual sided stone FP in the LR & DR. New kitch counters & SS appl. Nicely fin bsm w/ rec rm & new carpet. Outside entertaining made fun w/ the inground pool & lovely fenced yd. 1st flr Indry. \$309,000 in Third Lake/Grayslake.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**BACKING TO PRESERVE**  
Stunning 3 BR + loft, 2.5 BA two story backing to nature preserve! Gracious 2 story foyer beckons you to the fml LR & DR. Arched doorways leading into the FR w/ brick FP. Lrg kitch has maple cabs, sep EA & sliders to the bountiful backyard. Mstr BR suite complete w/ 2 w-in closets & full BA. Banit, 1st flr Indry, alarm sys, appl incl, att 2.5 car gar. Very nicely priced at \$249,900 in Antioch.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**MORE HOME FOR YOUR \$\$\$**  
4 BR, 3 full BA 2 story w/ newly installed wd lnn flrs & freshly painted interior! Fml LR + lrg fam rm that opens to kitch w/ lots of oak cabs, tile backsplash, sep EA & sliders. Partially fin bsm for an extra BR or office. Fenced yd w/ patio, stor shed & natural gas hook-up for grill. 2.5 car gar w/ paved side apron. Great value at \$189,800 in Round Lake Bch.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**ADORABLE HOME ON DOUBLE LOT**  
Blink & it will be gone! This 2 BR ranch sits on a beautifully landscaped yd w/ buildable extra lot. Welcoming, lrg liv rm w/ lots of natural light. Spacious & bright kitch w/ w-in pantry, EA & sliders to 20 x 22 ecr deck. Ceiling fans in the LR & both BR's! Sep utility rm w/ extra storage, walk-up attic & backyard shed. Priced to sell! \$139,900 in Trevor.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**NOTHING TO DO BUT MOVE IN!**  
Well maintained & delightful 3 BR 2 story peacefully located near shopping, transportation & hospital. Be amazed by the spacious rooms. Lrg sunken LR w/ driftstone FP. Roomy kitch w/ breakfast bar, EA & sliders to beautiful deck. Fml DR. Full bsmt, att 2 car garage, newer carpet. Lrg pmo landscaped yd! Priced to sell! \$247,000 in Pleasant Prairie.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**EXPANSIVE, NOT EXPENSIVE!**  
4 BR + loft, 2.5 BA 3160 SF home. Lrg fam rm w/ FP opens to kitch w/ oak cabs, island & sep EA w/ sliders to brick patio. Fml LR & DR. Mstr BR suite w/ jacuzzi tub & sep shower. All rm sizes are big, big, 1st flr Indry, intercom syst, full partially fin bsm. Unbeatable price of \$265,500 in Antioch.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**A MUST SEE AT A NEW PRICE!**  
Beautiful, inside & out! 4 BR, 2.5 BA in cul-de-sac location. Gourmet kitch opens to lrg fam rm w/ FP & adjoining den w/ ecr built-ins. Fml LR & DR. Lrg mstr suite w/ sitting area, 2 w-in closets & full mstr BA w/ wrpl tub, sep shower & dbl sinks. Retreat to the pro Indscr yd w/ br paver patio & pergola. 1st flr Indry, 3 car gar, full bsm. Just reduced to \$415,000 in Lindenhurst.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**UNBEATABLE PRICE**  
Beautiful & cozy is this well cared for 3 BR, 1.5 BA split lvl backing to open field, park, and grade school! Quality upgrades thru-out w/ hdwd flrs, cath cel & gorgeous cer tile. Situated on a beautifully landscaped & fenced yd. near 294 and train, recreation & shopping. 2.5 car gar, stor shed, appl incl. Lakes ILs. Motivated seller! \$218,900 in Lindenhurst.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**WATERFRONT ON DEEP LAKE**  
Approx 4100 SF in this 4 BR+ 1st flr den, 3 full BA sprawling hillside ranch on Deep Lake. Great views from the entire home - 3 sets of main flr sliders to deck spanning entire back of home! Nic flr plan w/ lrg great rm, lrg kitch, din rm/fam rm w/ FP. Mstr BR suite w/ remodeled cer tiled bath. 2nd FP in the full fin w/o bsmt w/ wet bar & sliders - luring you out to the 200 acre all sports, glacier lake. Shore station, & appl incl. \$699,000 in Lake Villa.  
Call Pat at 847-875-7917 or Nick 847-875-5895



**This  
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Selling**  
Contact  
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847-875-7917

# SALE

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SALE STARTS AUGUST 3RD

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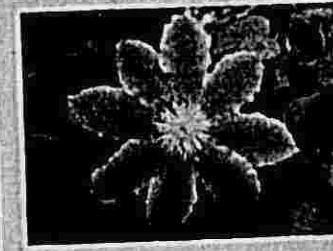
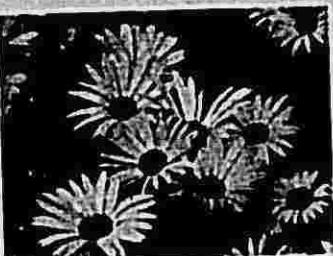
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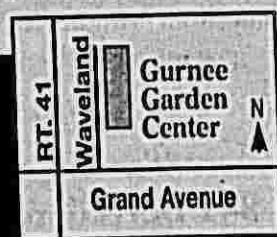


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1/2 Block EAST of Rt. 41 • 1/2 Block NORTH of GRAND Av



Name or Business & Significance of name: My Family Furniture and Bedding, as our logo shows, we named our business after our entire family.

Business Address: 841 Belvidere Rd. City: Grayslake Zip: 60030

Business Phone: (847) 543-1900

Owners' Names: Ken and Kelly Eckhart

How long have you been in business? We opened our store in May of this year, with 19 years of experience in the furniture and mattress industry.

What does the business offer/specialize in? We sell all types of furniture for the home; Sealy mattresses, bedroom, dining room, home office, theater seating, kitchen sets, entertainment centers, living room, children's furniture, etc.

What makes your business unique? When you come into our store, you will deal with the owner. With 19 years experience, and

relationships with many different manufacturers, we can guide you to what will best serve your needs. We also work the business ourselves to keep our overhead down, so we can guarantee you the lowest prices.

How many children? 3 Are they involved in the business too? Our three young children certainly enjoy coming to the store. However, they haven't learned to earn their own way, yet.

Did you follow your parents &/or will your children follow you into your business? Our parents are now involved in the business with us on a limited basis. As for our children, only time will tell.

Further information of interest: It is truly our goal to provide a service to our community, by assuring our customers the best service, and the best prices. When you come into our store, it is our goal to build a relationship, not just rush you out to get the next customer. We intend to build a successful business, and to be an asset to our community. We look forward to serving you for years to come.



**My Family Furniture and Bedding**



"Come deal with the owner,  
where exceptional service meets the lowest prices."

**0% FINANCING  
up to 36 Months**

**WHY BUY SEALY POSTUREPEDIC?**

Sealy Posturepedic is the only mattress that was originally designed with Orthopedic Surgeons and more Orthopedic Surgeons sleep on Sealy than any other brand!

**We have the lowest prices in Chicagoland on Sealy Posturepedic TrueForm Memory Foam Mattresses.**



Sealy Firm

Sealy Cushion Firm

Sealy Pillow Top

Sealy Posturepedic Firm

Sealy Posturepedic Ultra Plush

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Twin Set.....\$199

Twin Set.....\$289

Twin Set.....\$399

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Twin Set.....\$499

Twin Set.....\$599

Full Set.....\$299

Full Set.....\$399

Full Set.....\$499

Full Set.....\$499

Full Set.....\$599

Full Set.....\$699

King Set.....\$499

King Set.....\$679

King Set.....\$699

King Set.....\$799

King Set.....\$899

King Set.....\$999

We special order furniture for all rooms of your home from many different manufacturers for the guaranteed lowest prices in Chicagoland!

Monday, Wednesday, Friday 10-8  
Tuesday & Thursday 10-7  
Saturday 10-5 • Sunday 11:30-5

**My Family Furniture and Bedding**

*"Serving your family's furniture and mattress needs"*

841 Belvedere Rd. (by Jewel/Osco) Grayslake • 847-543-1900

To qualified buyers on new purchases, see store for details

We Custom Configure  
Sectionals & Theater Seating  
from a Variety of Manufacturers



Theater Seating



A



D

G



**\$1399**

Gorgeous master bedroom set  
dresser, mirror, queen bed & night stand



**\$1699**

Beautiful leather sectional with  
sleeper and recliner

Name or Business & Significance of name: Village Car Wash and Detail Center

Business Address: 1372 S. US Rt. 12 City: Fox Lake Zip: 60020

Business Phone: (847) 587-7601

Owners' Names: Jill and Peter Ostrowski

How long have you been in business? 4 years in the business and at this location since February of 2007

What does the business offer/specialize in? We feature a full service car wash and detailing services. We specialize in exceeding customers' needs when taking care of their cars. Our staff is trained to pay attention to details.

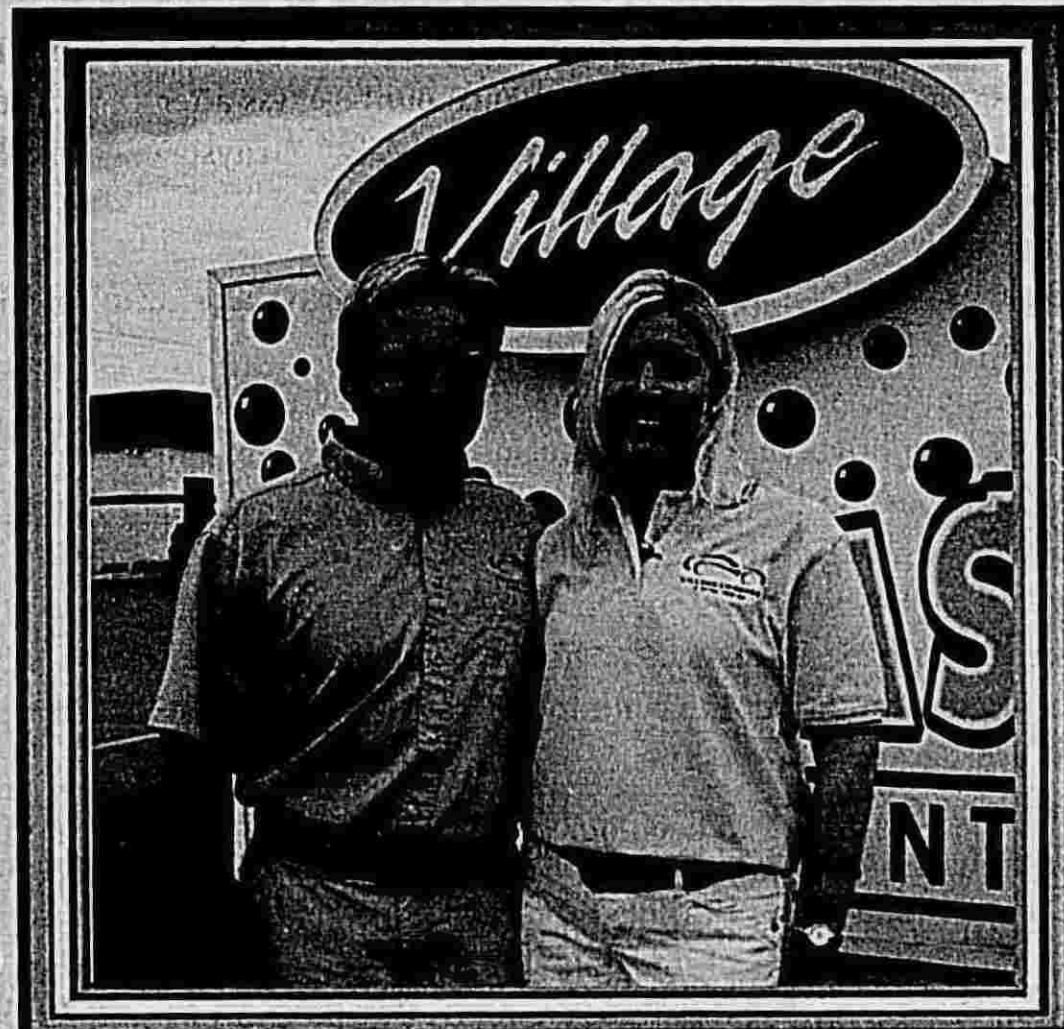
What makes your business unique? This is not just a car wash. We have a dedicated staff working for our customers. We pride ourselves on quality and professionalism. Between ownership, management and staff, we have over 50 years of experience in the car wash industry. We use only top brand products such as Ecolab, Meguiars and Diamond Shine.

How many children? 2

Are they involved in the business too? Not old enough yet.

Did you follow your parents &/or will your children follow you into your business? We have grown up with our parents owning small family businesses, so we are used to the level of dedication needed to succeed in business.

Further information of interest: As an owner and operator of the business, I am always present at the car wash. In order to provide great service and meet or exceed customers' expectations, I am hands on. I work along with my staff in order to make sure quality is always met. Our management and staff are trained regularly to help them understand what the expectations are and how to exceed them. We also offer full detailing services, dent removal and other car care services.



**Free  
Tire Dressing**

with any full-service  
car wash

Village Car Wash

With this coupon. Not valid with other offers or  
prior purchases. Offer expires 9-19-07.

**\$39.99**

**Express Hand Wax Special**  
full-service car wash • tire dressing  
wheels hand scrubbed • sealer wax

Village Car Wash

With this coupon. Not valid with other offers or  
prior purchases. All vans & SUVs extra.  
Offer expires 9-19-07.

**\$2 off**

**Any Super Or  
Deluxe Car Wash**

Village Car Wash

With this coupon. Not valid with other offers or  
prior purchases. All vans & SUVs extra.  
Offer expires 9-19-07.

Quick, Friendly, Professional

**Car  
Wash  
Service**

**888**

**888**

**888**

**888**

**888**

**888**

**888**

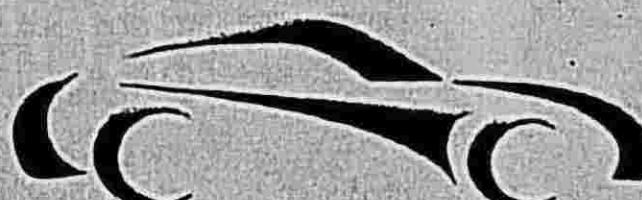
**888**

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**888**



**VILLAGE CARWASH  
AND DETAIL CENTER**

We offer  
dent removal & paint  
restoration.

**Detailing  
Available**

**\$2 off  
Any Super Or  
Deluxe Car Wash**

Village Car Wash

With this coupon. Not valid with other offers or  
prior purchases. All vans & SUVs extra.  
Offer expires 9-19-07.

**\$10 off  
Dent Removal**

Village Car Wash

With this coupon. Not valid with other offers or  
prior purchases. All vans & SUVs extra.  
Offer expires 9-19-07.

**\$5 off**

**Paint Restoration  
Detail**

Village Car Wash

With this coupon. Not valid with other offers or  
prior purchases. All vans & SUVs extra.  
Offer expires 9-19-07.

**1372 S. US Rt. 12 • Fox Lake**

Hours: Mon.-Sat. 8am-6pm • Sun. 8am-3pm (weather permitting)

Name or Business & Significance of name: Image Sun Tanning Salon. Our slogan is "Where Image is Everything". We take this very seriously, insisting on having the cleanest tanning salon anywhere, and requiring our staff to be Professionally Certified. Our clients work with professionals that know and understand tanning.

Business Address: 1227 N. Route 83 City: Grayslake Zip: 60030

Business Phone: (847) 548-5174

Owners' Names: Darren and Kathy Ruback and Family

How long have you been in business? Since Feb. 2004

What does the business offer/specialize in? We specialize in state of the art tanning beds from Sportarredo imported from Italy.

What makes your business unique? We have 10 beds. We are a very clean salon and have Industry Certified customer friendly employees. We try to help out as many in the community as we can, through charity donations and program sponsorships.

How many children? 3 Are They involved in the business too? Yes.

Jennifer is one of our Image Specialists, and Austyn helps with monthly maintenance of our beds.

Did you follow your parents &/or will your children follow you into your business? No and maybe.

Further information of interest: Our Staff: Peggy Otten has been with us since the day we opened the salon. She is a terrific asset to our company, and understands this business as well as anyone in Lake County. Our daughter Jennifer, Brianne Scenkiw and Lill Hessing each started with us this year. Each was a loyal client prior to joining our team. Darren and Austyn maintain the beds in peak condition. Kathy manages the operations of the salon. She handles all of our marketing programs and ensures that our IMAGE really is EVERYTHING. At Image Sun we are not "just a business", we are your friends and neighbors as well.



Every  
BODY  
Looks Better  
with a  
TAN

*Swedish® Beauty Australian® Gold®*

**image sun**

• Guaranteed Results • Sparkling Clean Facility  
• Professional "Smart Tan" • FREE Skin Type Analysis  
Certified Staff • Open 7 Days A Week!

Hours: Monday-Thursday 9am-10pm • Friday 9am-9pm • Saturday 9am-7pm • Sunday 9am-2pm

**BUY A BOTTLE OF LOTION OR A  
SESSION PACKAGE AT REGULAR PRICE  
And get a Session Package **FREE**  
(of equal or lesser value)**

WITH COUPON: Receive One Week **FREE** in any of our state-of-the-art high performance beds - try them all! Plus you will receive **50% OFF** on any V.I.P. package, lotion or session package on your first visit.

1227 N Route 83 • Grayslake  
(just south of Culver's)  
**847-548-5174**

Offer expires 8.5.07

**\$19.95/Month  
Unlimited Tanning  
Join Our V.I.P.  
Sun Club TODAY!**

**image sun**

1227 N Route 83 • Grayslake  
(just south of Culver's)  
**847-548-5174**

**NEW CLIENTS**

**GET A WEEK  
FREE  
in Any Level Bed**

**image sun**

1227 N Route 83 • Grayslake  
(just south of Culver's)  
**847-548-5174**

Offer expires 8.12.07

Name or Business & Significance of name: *Cybul & Cybul Realty Group at Remax Advantage*

Business Address: 532 Lake Street City: Antioch, IL 60002

Business Phone: 847-395-2333

Owners' Names: *Cary & Cory Cybul*

How long have you been in business? *Buying-selling for over 32 years. Have been with ReMax for over 14 Years.*

What does the business offer/specialize in? *We specialize in all aspects of real estate; buying, selling, investing, rental properties located in IL, WI & FL.*

What makes your business unique? *Our professionalism and personal care given to all our clients - our office sold over \$165 million of real estate last year. We have a 4 member team, consisting of 3 full time agents and a full time assistant to give optimum service in 3 states.*

How many children? 3 Are they involved in the business too? *Yes, my wife Kathy and I are fortunate to have 3 healthy boys all with college degrees. Cory, our middle son, is our partner and has a business degree from Northern Illinois University. Did you follow your parents &/or will your children follow you into your business? My parents were entrepreneurs. My wife and I have always been involved in our own business and so far our sons are also successful businessmen working in the real estate fields.*

Further information of interest: *Our future looks bright in the real estate profession as we continue to increase our education & knowledge and have expanded to cover 3 states, IL, WI & FL, and we continue to grow and increase our support staff to better serve our clients.*



Cary and Cory Cybul

# Cybul & Cybul

REALTY GROUP  
RE/MAX ADVANTAGE



## CUSTOM RANCH!!

This gorgeous new construction is located in desirable Blueberry Hill subdivision and offers 4 bedrooms, 2.5 baths, a HUGE great room with a custom fireplace, sliders leading to a cedar deck, & a large country kitchen with a walk-in pantry! It features an open floor plan with 9 ft. ceilings, hardwood & ceramic tile flooring. Only pure quality from this custom home builder! Recently reduced to \$267,900!!

Call Cary Cybul 847-772-4808



## SPRAWLING RANCH!!

This custom ranch is nestled on nearly an acre of wooded property within an exclusive subdivision with lake rights to Lake Antioch! It boasts over 2,600 sq. ft. and offers 3 bedrooms, 2.5 baths - incl. a HUGE master bedroom "suite" w/ his & her closets, a sunken living room w/ a custom floor-to-ceiling stone fireplace, family room w/ a wet bar & sliders that guide you to a screened-in porch AND a custom deck leading to the above ground pool! HURRY - Recently reduced to sell at \$335,000!

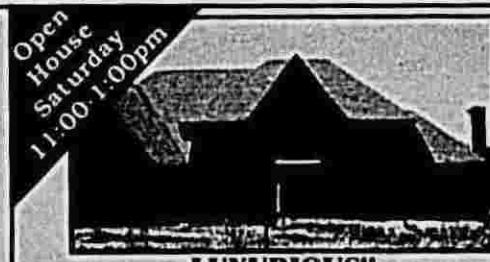
Call Cory Cybul 847-815-7066



## ENJOY THE CHAIN OF LAKES!!

In this Pistakee Lake waterfront home, w/ 3 bedrooms, 2.5 baths, full basement, 2.5 car garage & an extra driveway to park your toys! There's a concrete sea wall, Pier & Shore station and a dry boat dock w/ rail system. (The breathtaking views are included at no extra cost!!) Hurry, this one won't last long!! Recently reduced to \$379,000!

Call Cary Cybul 847-772-4808



## LUXURIOUS!!

This stunning all brick home sits upon 2+ acres and boasts over 4,500 square feet of luxurious living, offering 5+ bedroom suites EACH offering walk-in closets & full baths, a HUGE country kitchen, formal dining room, office, formal living room and HUGE great room! Features include 25 ft. high ceilings, granite counter tops, custom maple cabinetry, 2 custom fireplaces AND SO MUCH MORE!! Asking 1,099,000!

Call Cory Cybul 847-815-7066



## PURE PARADISE!!

This gorgeous home is located on a huge, wooded lot overlooking Third Lake! You can enjoy fishing, boating, skiing & swimming at this 3 bedroom, 2.5 bath lake house! It offers a huge sunroom with a wood burning stove, dining room, office, all new stainless steel appliances & maintenance free Trex decking & walkways! The gardens are breathtaking - enjoy fine living in the outdoors as much as the indoors! A must see at \$429,900!

Call Cory Cybul 847-815-7066



## PURE QUALITY!!

This new quad-level offers 2,300 sq. ft. of quality craftsmanship with vaulted ceilings in the living room & kitchen; Pergo & ceramic flooring; a custom paint package; attractive colonial trim & raised 6-panel doors! With 4 bedrooms, 2.5 baths, attached 3.5 car garage & full basement, there is plenty of room for your family! Recently reduced to \$265,900!

Call Cary Cybul 847-772-4808



## IMMACULATE!!!

This gorgeous brick & cedar ranch on Antioch Golf Course won't last long... It's a beautifully landscaped corner lot in a much sought-after area! It offers 3 bedrooms, 2 baths, attached 2.5 car garage and sliders leading to your own private patio! The kitchen has brand new cabinets, countertops & flooring - all fresh & new! The family room features vaulted ceilings w/ a floor-to-ceiling brick fireplace! Recently reduced to \$244,500!

Call Cary Cybul 847-772-4808



## STUNNING 2-STORY!!

This gorgeous 2-story home in Silver Lake offers over 3,000 sq. ft. of luxurious living. It includes 4 bedrooms, 3 full baths, a HUGE family room and formal dining room. There also is a bonus room above the 2-car garage!! It is economical with 2 furnaces and 2 central air units! Some features include ceramic tile, hardwood flooring and attractive tray ceilings. Asking \$299,900!

Call Cory Cybul 847-815-7066

Name or Business & Significance of name: **Prunella's Flower Shoppe**

Business Address: 7 Nippersink

City: Fox Lake

Zip: 60020

Business Phone: (847) 973-2343

Owners' Names: Sue Glashagel, Kim Pierce

How long have you been in business? 15 years

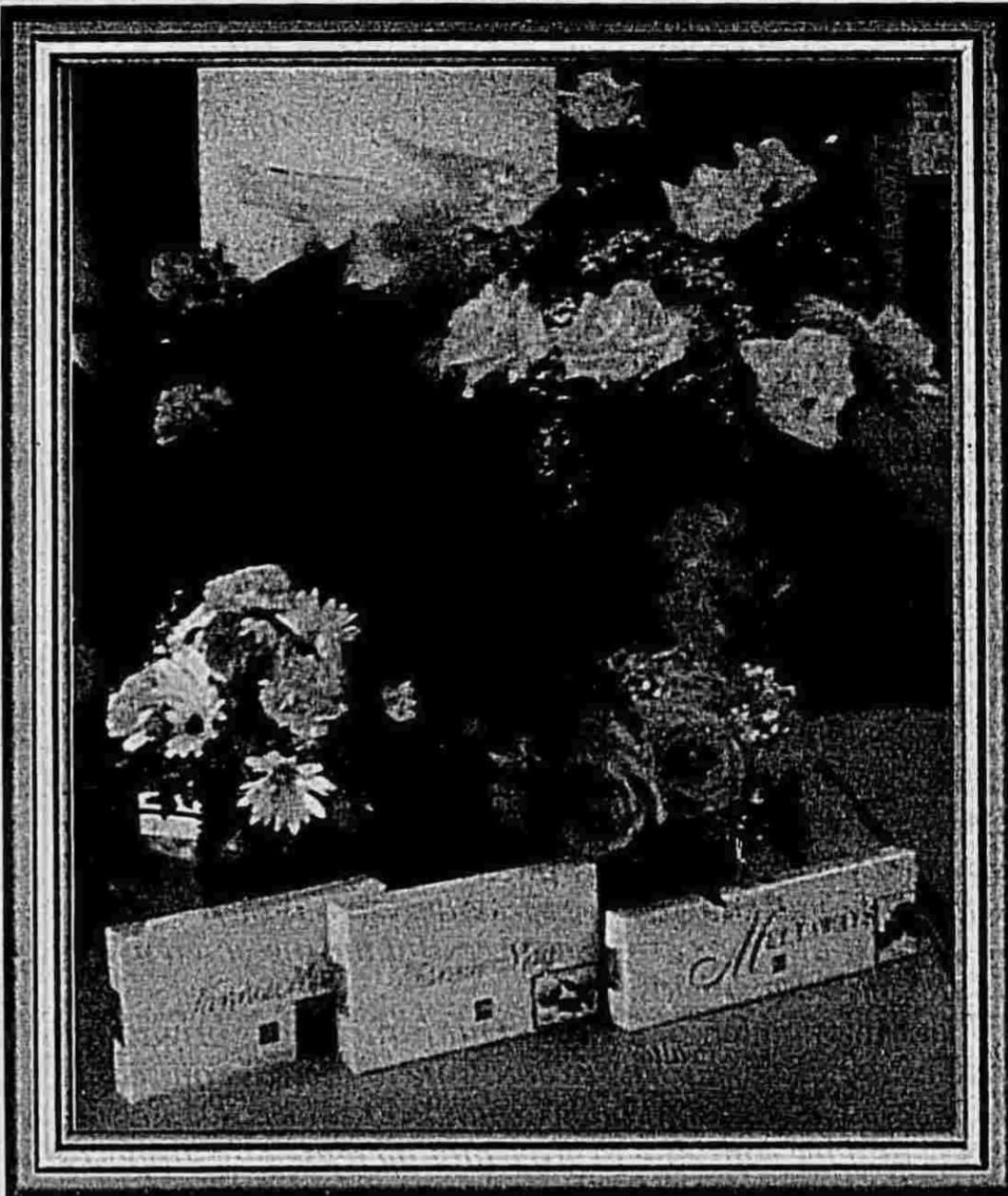
What does the business offer/specialize in? Flowers for all occasions: Funerals, Weddings, Get Well Birthdays

What makes your business unique? We strive to give all orders the personal touch and care they deserve.

How many children? 3 Are they involved in the business too? Yes

Did you follow your parents &/or will your children follow you into your business? My daughters Kim and Lisa are involved in the business.

Further information of interest: We carry candles, plush, balloons, gourmet, Fannie May & Harry London Candies, & gift items, FTD, Teleflora, & 1-800 Flowers. We deliver to all local all communities Monday through Saturday. Orders can easily be placed over the phone with a credit card. We accept all major cards.



# ***Prunella's Flower Shoppe***

## **YOUR FULL SERVICE FLORIST**

Celebrating  
our 15th Year  
in Fox Lake

*"We give all of our orders the personal touch and care they deserve."*

- *Junk Food Baskets* • *Plants* • *Fresh & Silk Flowers* • *Handcrafted Gift Items*
- *Candles* • *Weddings* • *Funerals* • *Gourmet Baskets* • *Balloon Bouquets*
-  *Fannie May* • *Harry London Gourmet Chocolates*

**We deliver in Fox Lake and all surrounding towns daily!**  
**Call Us Today - You'll be glad you did!**



Hours: 9:00-5:00 Mon.-Fri. • 9:00-2:00 Sat. • Closed Sundays

1-800-Flowers

Teleflora



**7 Nippersink Blvd., • Fox Lake • 847.973.2343**  
[www.prunellas.com](http://www.prunellas.com)

**Name or Business & Significance of name:** *Bresnahan Real Estate Services, We are proud of our name, so we used it as the business name*

**Business Address:** 540 Barron Blvd. City: Grayslake Zip: 60030

**Business Phone:** 847-223-5201

**Owners' Names:** Matt & Colleen Bresnahan

**How long have you been in business?** 3 years as Bresnahan Real Estate; 20 years in the real estate business

**What does the business offer/specialize in?** Full service real estate for less - we charge lower commissions than the large brokerages, but we work harder because we own the business.

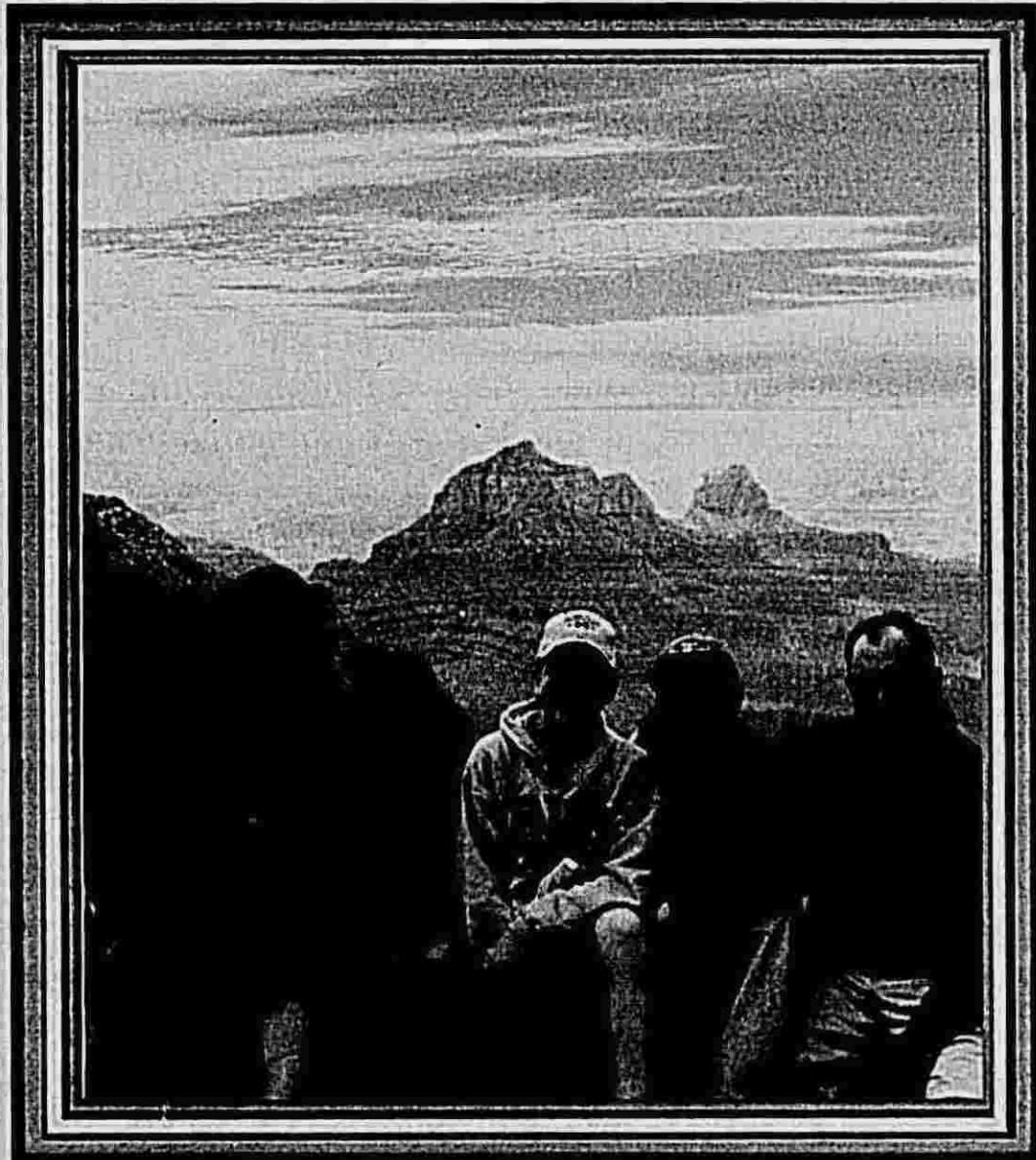
**What makes your business unique?** True personal service - work directly with the owners, who have a proven track record of successfully buying and selling homes and other properties.

**How many children?** 4

**Are they involved in the business too?** Yes, they stuff envelopes and help at properties by mowing lawns, cleaning and painting.

**Did you follow your parents &/or will your children follow you into your business?** Our parents were not in the real estate business. We hope that our children at least invest in real estate, but we want them to find their own way in the world.

**Further information of interest:** Our business also includes our extended family. Our brother-in-law is a Realtor for the company. Several brothers and sisters are partners in real estate ventures; and we share office space with Colleen's family business.



## BRESNAHAN Real Estate Services

Your Full Service Real Estate Broker With A Discount Price!

We Offer:

- 15% Commission Rebate to Buyers
- We Will Charge Only 1.5% To Sell Your Home
- FREE Comparative Analysis

Matt Bresnahan: 847-223-5201

540 Barron Blvd. (Rt. 83) • Grayslake, IL

View these properties at [www.bresrealestate.com](http://www.bresrealestate.com)

email: mattbresnahan4@yahoo.com



### LAKE FOREST

Absolutely Gorgeous! This spacious 4 bdrm 2 bath ranch is in move-in condition with nearly 2400 sq ft. Elegantly decorated with all the fine touches: crystal chandeliers & door knobs, lush carpets, crown molding throughout, fresh paint colors and wall paper, wall moldings and more! Home has a perfect floor plan for living and entertaining. Bright eat-in kitchen overlooks family room/stylish office/barroom has tin ceiling, french doors to deck off both living room & sunroom, path to new brick patio in big private backyard. Master bath includes whirlpool, separate shower & double vanity. Tons of storage in X-large 2 car garage & attic. Priced to sell. Call today for a showing.

\$769,900



### GRAYSLAKE

5 Bdrm 2.1 bath home in desirable Woodland Meadows. This large home sits on a huge lot. Home features master suite w/walk-in closet & private bath, bright kit w/ eating area, family room w/brick fireplace, cathedral ceiling liv room, finished basement w/6th BR or office, hardwood flrs, sliders to large deck w/pool. Call today before it is too late!

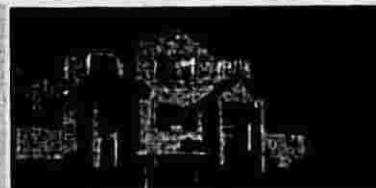
\$339,900



### GRAYSLAKE

Beautifully decorated expanded Windsor model in desirable College Trail. This 3 Bdrm 2.1 bath home boasts pride of ownership. With a striking 2 story entrance, bright eat-in kitchen open to family room, LR, DR and full finished basement. Large yard is splendidly landscaped with plenty of trees for shade. Close to parks, schools and shopping. Come see before it is too late.

\$299,000



### ROUND LAKE

Stunning end unit in Madrona Village! Luxury upgrades everywhere! This 2 bdrm 2.1 bath town home has see-through fireplace, bruce hardwood flrs in LR, DR & fam room; Kitchen has 42" cherry cabinets, granite counters, stainless appliances & Dahlite ceramic floors. Baths have upgraded fixtures w/ 6 panel doors. Upgraded light fixtures throughout. Gorgeous views of park and pond. 2 car garage. Grayslake schools. New park School (K-8) opens fall 07. See it today!

\$215,000



### GRAYSLAKE

Opportunity is knocking! This 4 bdrm 2.1 bath needs some minor repairs and decorating touches, but has great potential. Home sits on extra large cul-de-sac lot, with luxurious landscaping, huge fenced yard & big deck. Cozy family room has gas fireplace. This home has lots of room and a full basement waiting to be finished. Seller is motivated. Offers subject to bank approval.

\$239,000



### MUNDELEIN

Townhouse has 3 BR, 1.1 Bth, LR, eat-in kit, private patio, full basement w/rec room and oversized garage for extra storage. Secluded neighborhood is close to Rtes 60, 45 & 83 for easy access to surrounding areas. Make an offer today!

\$198,500



### ROUND LAKE

Lovely 3 bdrm 2.1 bath end-unit in Heron Bay. Offers spectacular views overlooking nature preserve. Features include large eat-in kit with door to deck, large living room with hardwood laminate floors, loft for study or entertainment area, finished family room in lower level, 2 car garage. Nicely decorated and plenty of storage. Call today to see!

\$235,000

Name or Business & Significance of name: *Petrucci's Italian Market & Cafe (Family name)*

Business Address: 311 Depot Street City: Antioch, IL

Business Phone: 847-395-1836

Owners' Names: *Ron Petrucci, his two sons Ronnie & Freddie and daughter Geana.*

How long have you been in business? *One year.*

What does the business offer/specialize in? *Authentic Italian dishes inspired by Ron Petrucci's mother's homemade cooking.*

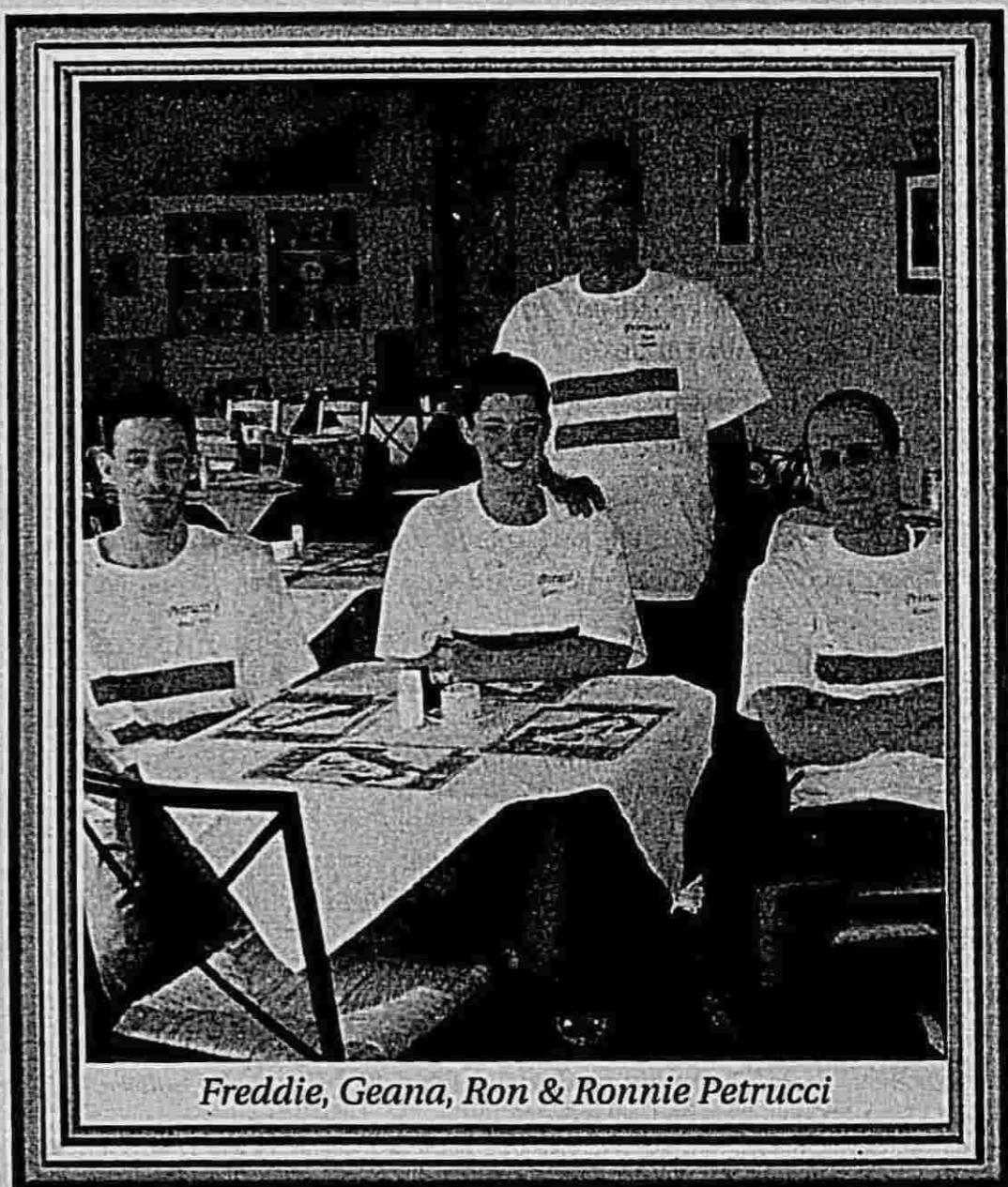
What makes your business unique? *We are truly a family restaurant. Everything is made from scratch with only the freshest and finest ingredients.*

How many children? Are they involved in the business too?

*Yes, My two sons, Ronnie and Freddie and my daughter, Geana, help me operate the business.*

Did you follow your parents &/or will your children follow you into your business? *My mother was the inspiration for Petrucci's and I hope my children will continue her legacy.*

Further information of interest: *Petrucci's also features homemade pizza and specialty coffees, great food and while enjoying personal and friendly service, you can also pick up fresh cut lunch meats to take home.*



*Freddie, Geana, Ron & Ronnie Petrucci*

Depot Street Station  
311 Depot Street  
Antioch, IL  
847-395-1836  
Fax: 847-395-1826

*Petrucci's*  
Italian Market & Cafe

Open for Lunch  
& Dinner  
Monday-Saturday  
8am - 8pm

### DELI

Assorted	
<b>Butterball Turkey</b>	<b>\$5.98 lb.</b>
Vulpi Genova	
<b>Salami</b>	<b>\$7.98 lb.</b>
Hot or Mild	
<b>Capicollo</b>	<b>\$6.98 lb.</b>
Kraut	
<b>Polish Ham</b>	<b>\$4.28 lb.</b>
Hard or Genoa	
<b>Salami</b>	<b>\$4.98 lb.</b>
Smoked	
<b>Provolone</b>	<b>\$4.98 lb.</b>
Villa Frizzoni	
<b>Mozzarella</b>	<b>\$3.98 lb.</b>
Muenster	
<b>Cheese</b>	<b>\$3.58 lb.</b>
Cobblestone	
<b>Swiss Cheese</b>	<b>\$4.18 lb.</b>
Homemade	
<b>Chicken Salad</b>	<b>\$4.28 lb.</b>

### NOW AVAILABLE: FRESH MEATS!

Fresh Homemade	
<b>Italian Sausage</b>	<b>Made to Order</b>
\$3.69 lb.	
Boneless	
<b>Chicken Breast</b>	<b>3lbs or More</b>
\$2.48 lb.	
Less Than 3lbs	
\$2.98 lb.	
Angus	
<b>Porterhouse Steak</b>	<b>\$8.98 lb.</b>
91% Lean	
<b>Hamburger</b>	<b>\$2.98 lb.</b>

### CAFE

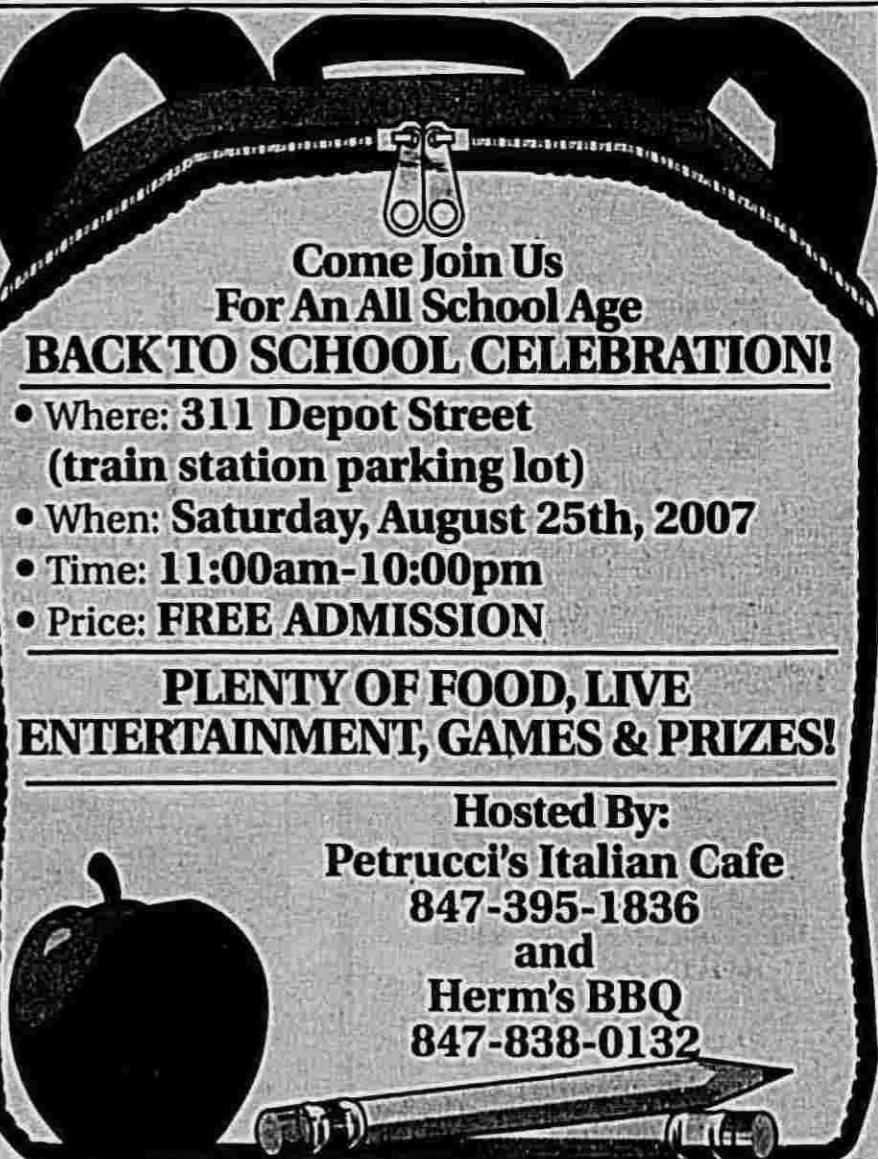
*Catering Available  
Every Day of the Week  
Call for menu and more info  
847-395-1826*

**\$2.00 OFF  
Second Dinner**

Must present coupon when ordering. Not valid with any other offer. Expires 8.16.07.

**\$4.00 OFF  
16" Pizza**

Cheese & One Topping • Limit 2  
Must present coupon when ordering. Not valid with any other offer. Expires 8.16.07.



Name or Business & Significance of name:

Pre-Paid Legal Services, Inc.

Business Address: P.O. Box 6081

City: Wauconda Zip: 60084

Business Phone: 847-469-0021

Owners' Names: Dennis E. Hennessy, CITRMS

How long have you been in business? 2 years as an independent agent.

What does the business offer/specialize in? Low cost legal services and identity theft protection plans for the individual, family, business and employee.

What makes your business unique? Pre-Paid Legal Services is the only publicly traded legal service provider in the nation.

We are the only identity theft protection provider with complete restoration services provided through Kroll, the number one risk management company in the world.

Further information of interest: Pre-Paid Legal Service are to attorney and legal fees what your medical insurance is to doctor and hospital fees. Our plans provide for legal service benefits through a network of more than 50 independent law firms across the US and Canada. Benefits include: Last Will and Living Will preparation with yearly updates at no charge. Unlimited attorney phone consultations, unlimited contract and legal document review, plus much more.



It makes little difference if you're a big  
company or a small one.  
**You can still get caught.**

IT'S THE LAW. IT'S THE COST. IT'S THE PAIN.

IT'S THE BUDGET. IT'S THE TIME. IT'S THE STRESS.

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**Name or Business & Significance of name:** Nix's Furniture

A name you equate with quality since 1945.

**Business Address:** 832 & 1020 Rollins

**City:** Round Lake **Zip:** 60073

**Business Phone:** 847-546-7787 847-546-7790

**Owners' Names:** Buddy Nix & John Janney

**How long have you been in business?** 1945

Grandpa started a grocery store.

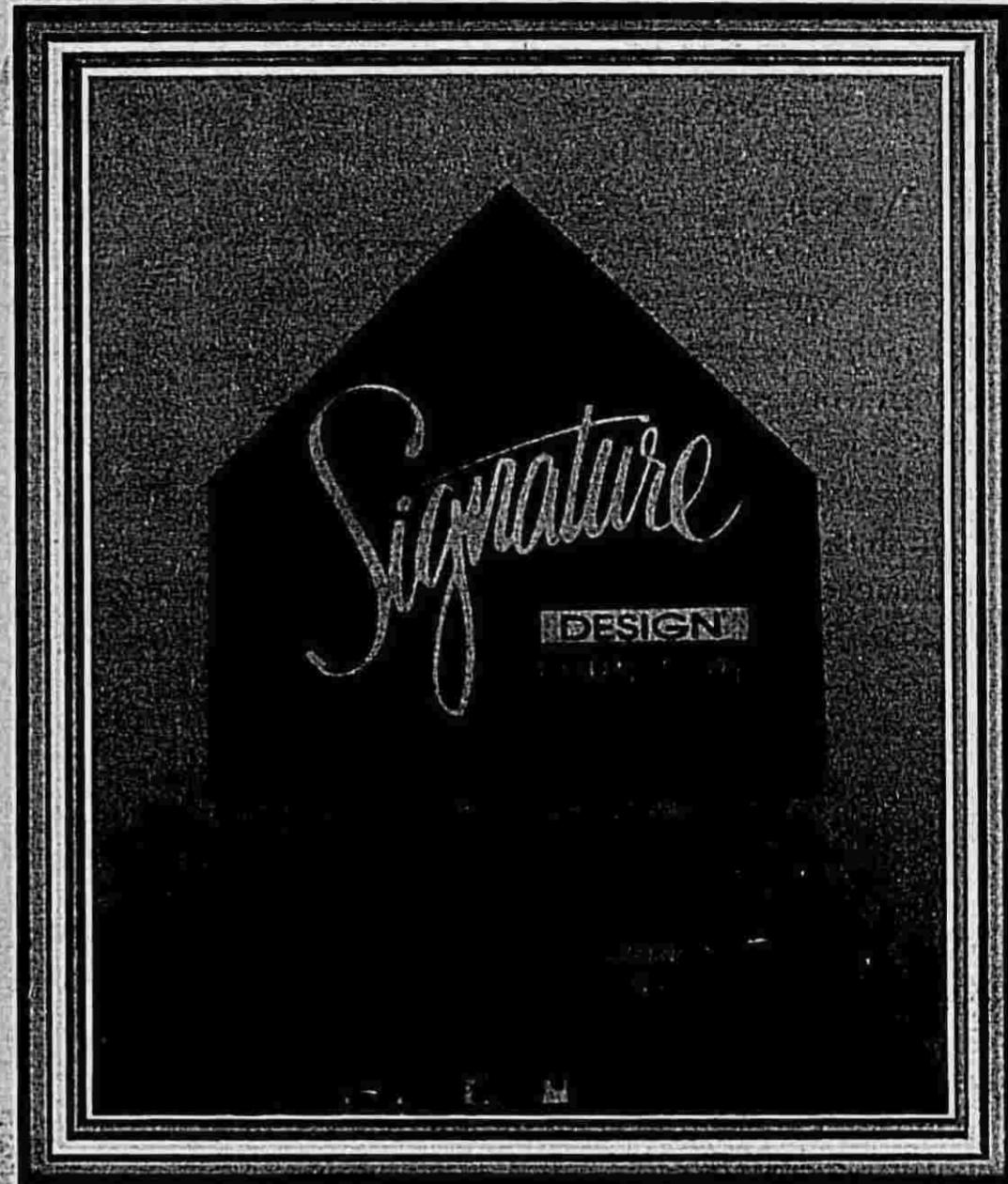
**What does the business offer/specialize in?** Quality furniture at below market pricing.

**What makes your business unique?** We have the experience and the history to run a successful affordable furniture store.

**How many children?** 2 Family members, Bud a daughter and John a son

**Did you follow your parents &/or will your children follow you into your business?** I did and we hope so

**Further information of interest:** We're the 8th Ashley Homestore to open nation wide. We carry exclusively Ashley Furniture at both stores so to offer our customers the best price anywhere.



An advertisement for a furniture package. It shows a living room set including a sofa, loveseat, cocktail table, and two end tables. The text on the left lists the included items: Sofa, Loveseat, Cocktail Table, 2 End Tables, 2 Lamps, Area Rug, Throw, and 5 Accessories. The price is listed as \$1299.

An advertisement for a room package. It features a large graphic of the number '4' and the text '\$1400' next to it. Below this, it says 'PIECE ROOM PACKAGES'.

An advertisement for a summer special room package. It shows a living room set with a sofa, loveseat, cocktail table, and two end tables. The text 'Summer Special' is at the top, 'Your Choice' is in the center, and a list of included items is on the right: sofa, loveseat, cocktail table, 2 end tables, 2 lamps, area rug, throw, and 5 accessories.